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BAKEWELL, T.

A letter to the chairman of the  
select committee of the House  
of Commons appointed to enquire  
into the state of madhouses....  
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CLASS MARK.....

ACCESSION NUMBER.....



# LETTER,

ADDRESSED

## TO THE CHAIRMAN

OF THE

*Select Committee of the House of Commons,*

APPOINTED TO ENQUIRE INTO THE

STATE OF MAD-HOUSES:

TO WHICH IS SUBJOINED,

REMARKS ON THE NATURE, CAUSES, AND CURE  
OF MENTAL DERANGEMENT.

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By THOMAS BAKEWELL,

AUTHOR OF 'THE DOMESTIC GUIDE IN CASES OF INSANITY,' AND  
KEEPER OF SPRING VALE ASYLUM, NEAR STONE,  
STAFFORDSHIRE.

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Stafford :

PRINTED BY J. DREWRY,  
AND PUBLISHED BY C. CHESTER, NEWCASTLE.

SOLD ALSO BY

*Baldwin, Cradock, and Joy, London.*

1815.



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GEORGE III

THE KING OF GREAT BRITAIN

BY APPOINTMENT

TO HIS MAJESTY THE KING

OF GREAT BRITAIN

AND OF IRELAND

BY APPOINTMENT

TO HIS MAJESTY THE KING



PRINTED BY J. JOHNSON, ST. PAULS CHURCH-YARD

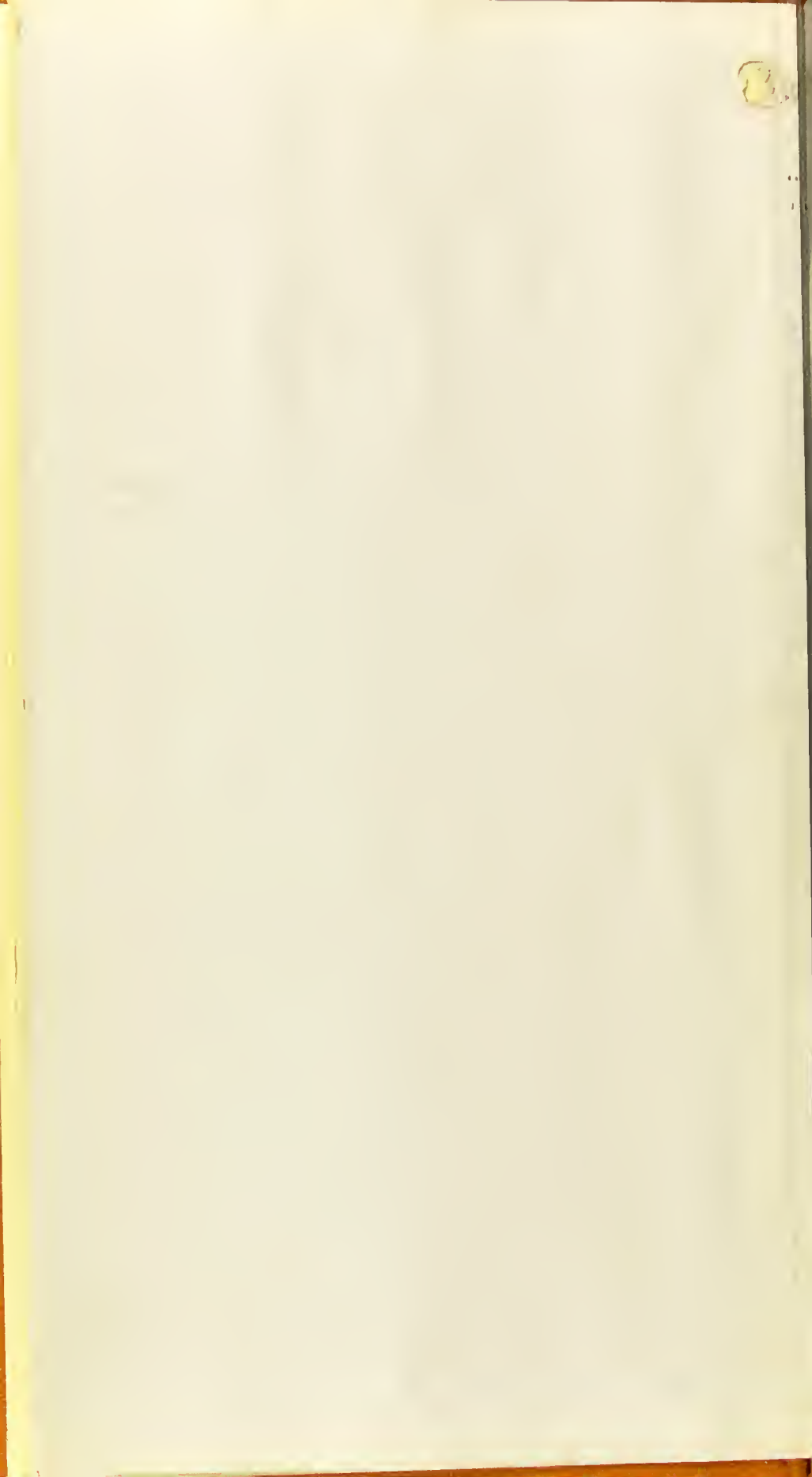
1753

THE KING OF GREAT BRITAIN

BY APPOINTMENT

TO HIS MAJESTY THE KING

OF GREAT BRITAIN







AT

## SPRING VALE,

PATIENTS AFFLICTED WITH

*Nervous or Mental Complaints,*

ARE COMFORTABLY ACCOMMODATED,

And every means used for their speedy Recovery,

BY

THOMAS BAKEWELL.

JOHN SPARROW Esq. }  
REV. THOMAS WHITBY, } *Visiting Magistrates*

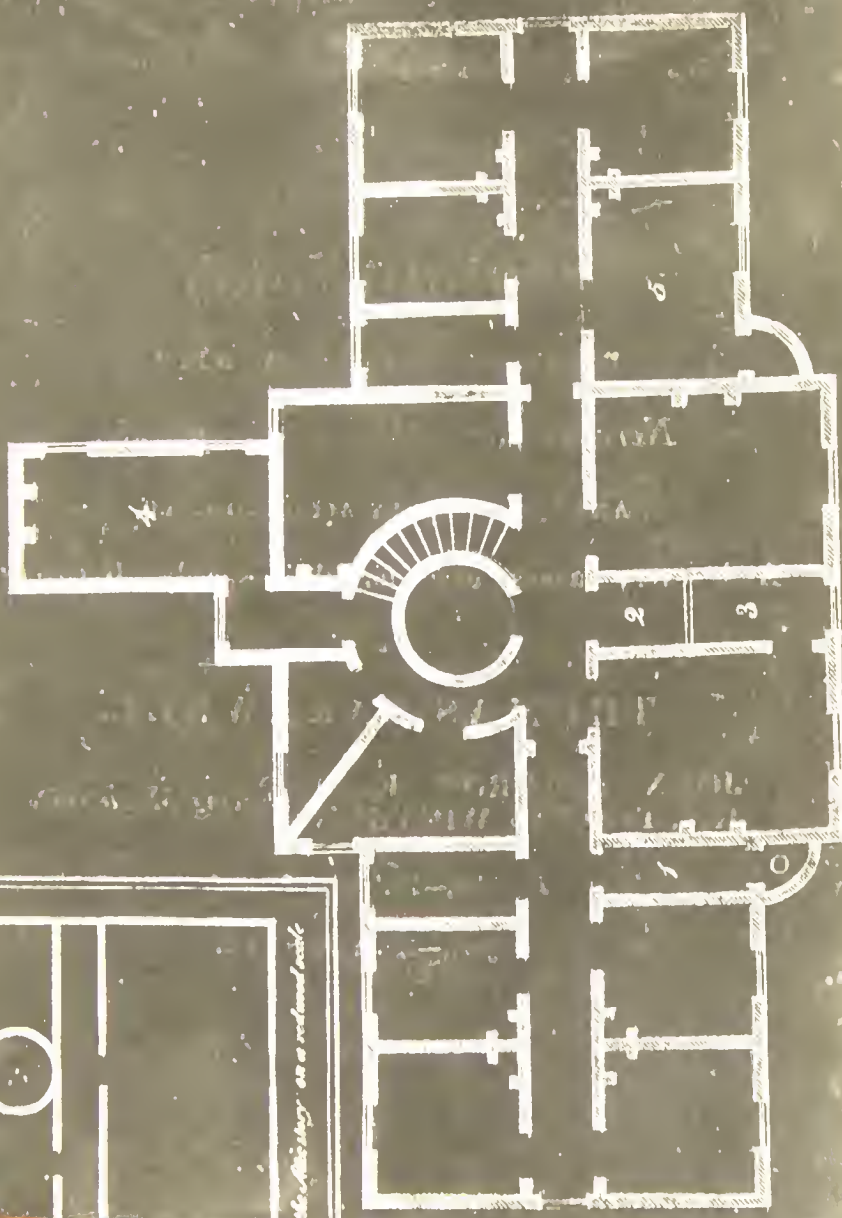
*Physician,—DR. ASTBURY.*

*Surgeon,—MR. FORSTER.*

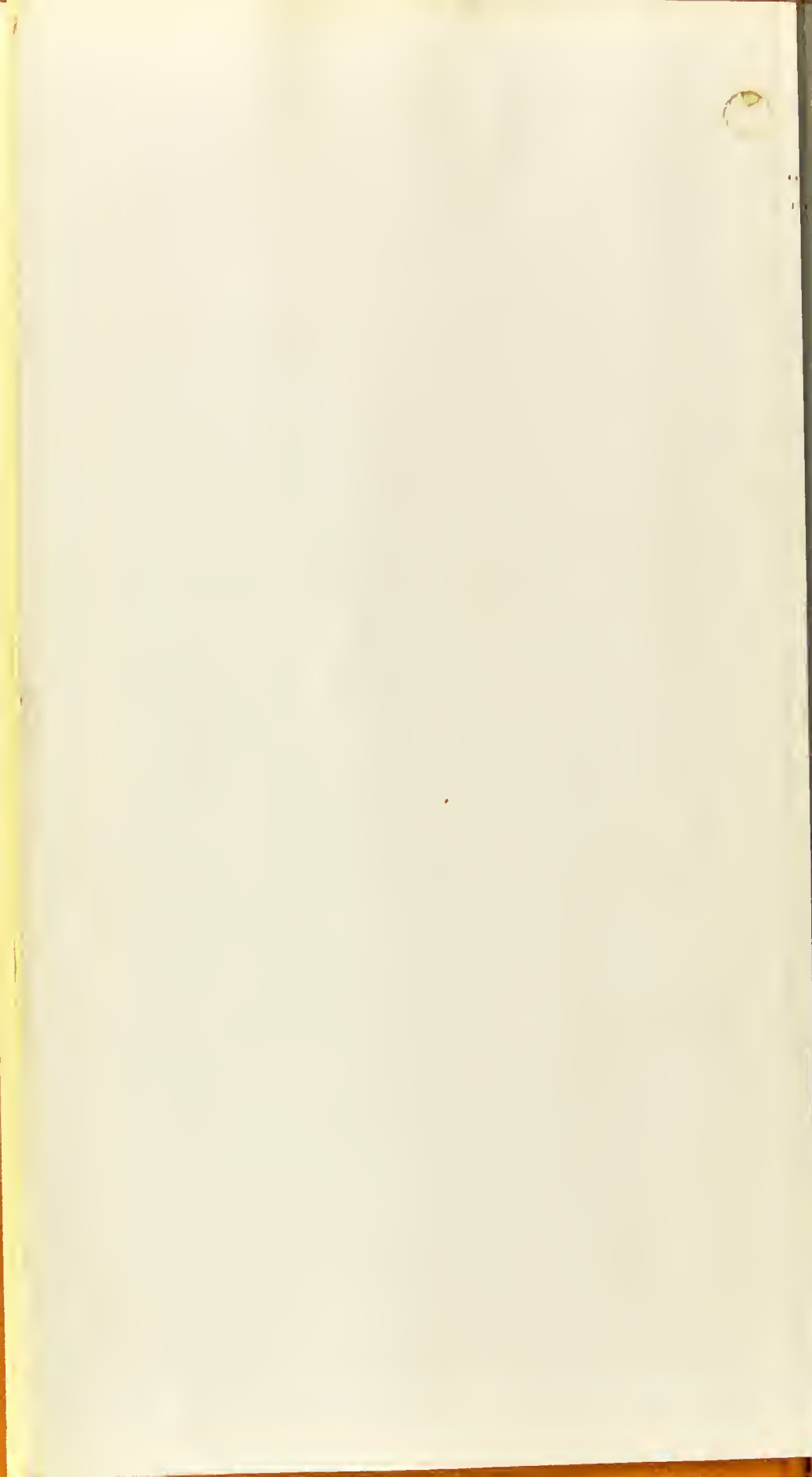


## SECOND FLOOR

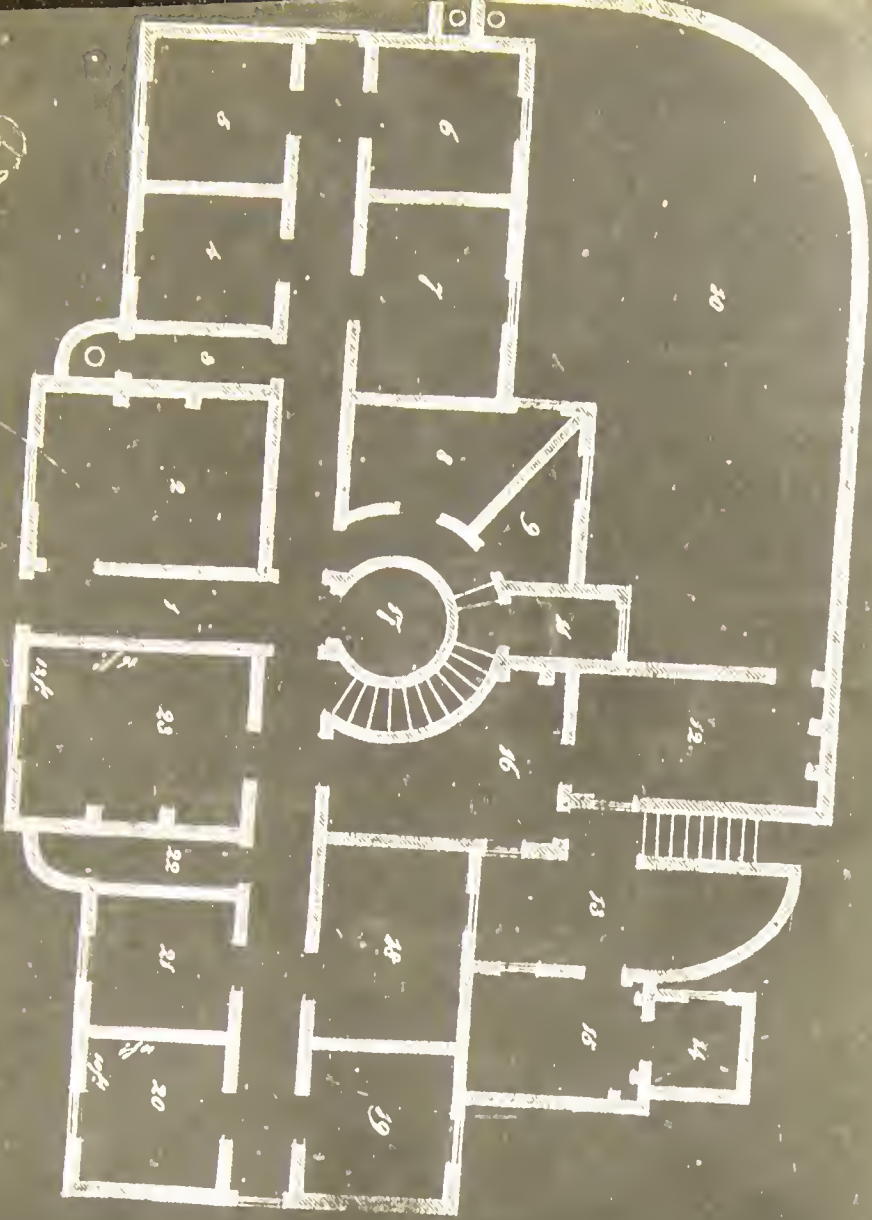
- No. 1. Water Closet,  
2 & 3. Closets,  
4. Laundry,  
5. Female Patient's Day Room,  
*The remainder all Sleeping Rooms,*



*See also page 100 for a detailed view of the building.*



# GROUND FLOOR.



- No. 1, Entrance.
- 2. Gentlemen's Day Room,
- 3. Water Closet,
- 4, 5, 6, 7, 8, 9. Patient's Cells,
- 10. Men Patient's wall'd Yard,
- 11. Medicine Closet,
- 12. Men Patient's Day Room,
- 13. Wall'd Yard.
- 14. Over the Oven,
- 15. Brew and Wash Houses,
- 16. Kitchen,
- 17. Book Closet,
- 18. Larder,
- 19. Store Room,
- 20, 21. Patient's Cells,
- 22. Dark Closet,
- 23. Common sitting Room for Family and Ladies.

Scale, the Sixteenth of an Inch to a Foot.











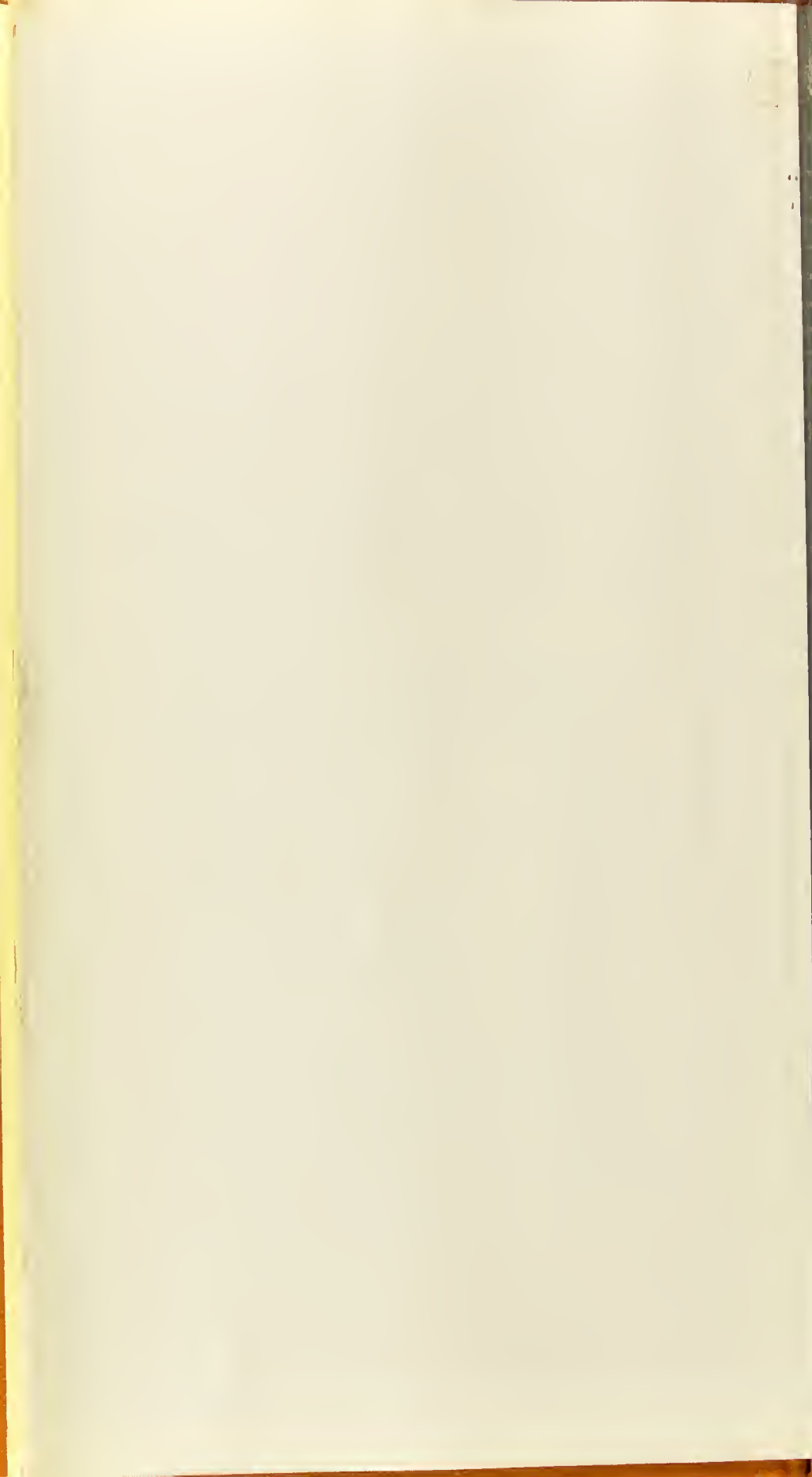
## *LETTER, &c.*

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*SIR,*

SOME of my opinions on Insanity, and the proper treatment of that direful malady, having been honored with your notice and approbation, I beg leave to give a summary of what I wished to urge upon this important subject, not doubting but that your honorable Committee are all extremely desirous that the result of their deliberations should be satisfactory and beneficial, and therefore that any information arising from attentive experience will prove acceptable. It is true, I cannot expect them fully to enter into my feelings; for they cannot have seen all the horrors of madness, and they are such as are not to be conceived without seeing; nor can they be fully aware of the dreadful inroads it makes into human happiness, even of those who are only the relations or friends of the immediate sufferers: nor is it a small evil that it shall have excited so much the feelings of horror, odium and disgust, in those owning no kindred ties, where it

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was only entitled to the feelings of commiseration and the kindest sympathies of our nature.

That mental diseases are a most grievous evil, both moral and physical, there can be no doubt; that this evil has been greatly aggravated, continued and augmented by neglect, and improper treatment, is equally unquestionable. It is a prevailing opinion too, that this national opprobrium is alarmingly upon the increase; be that as it may, every possible exertion should be made to alleviate its afflictions; and the defects of our Laws, both as to the person and property of Lunatics, may be confidently insisted upon: Indeed they are by the visitation of this sore calamity put out of the pale of the Law, previous to a commission of Lunacy; and it is a notorious fact, that in many instances the person of the unfortunate sufferer is made a victim to the nefarious possession of the property; and though a Statute of Lunacy does recognize a right in the object of it, yet matters are frequently so managed as to render that right nugatory.—Juries are known to decide without seeing the Lunatic, and solely upon the evidence of those who may be interested in the question, and who can only give it as matter of opinion and not of fact; and in every instance the Statute is obtained for the benefit of others, and not for the sole advantage of the Lunatic, and in numberless cases it is known to operate as a most sore grievance;

Remilly -

and were Statutes of Lunacy uniformly good, they are too expensive for general application.

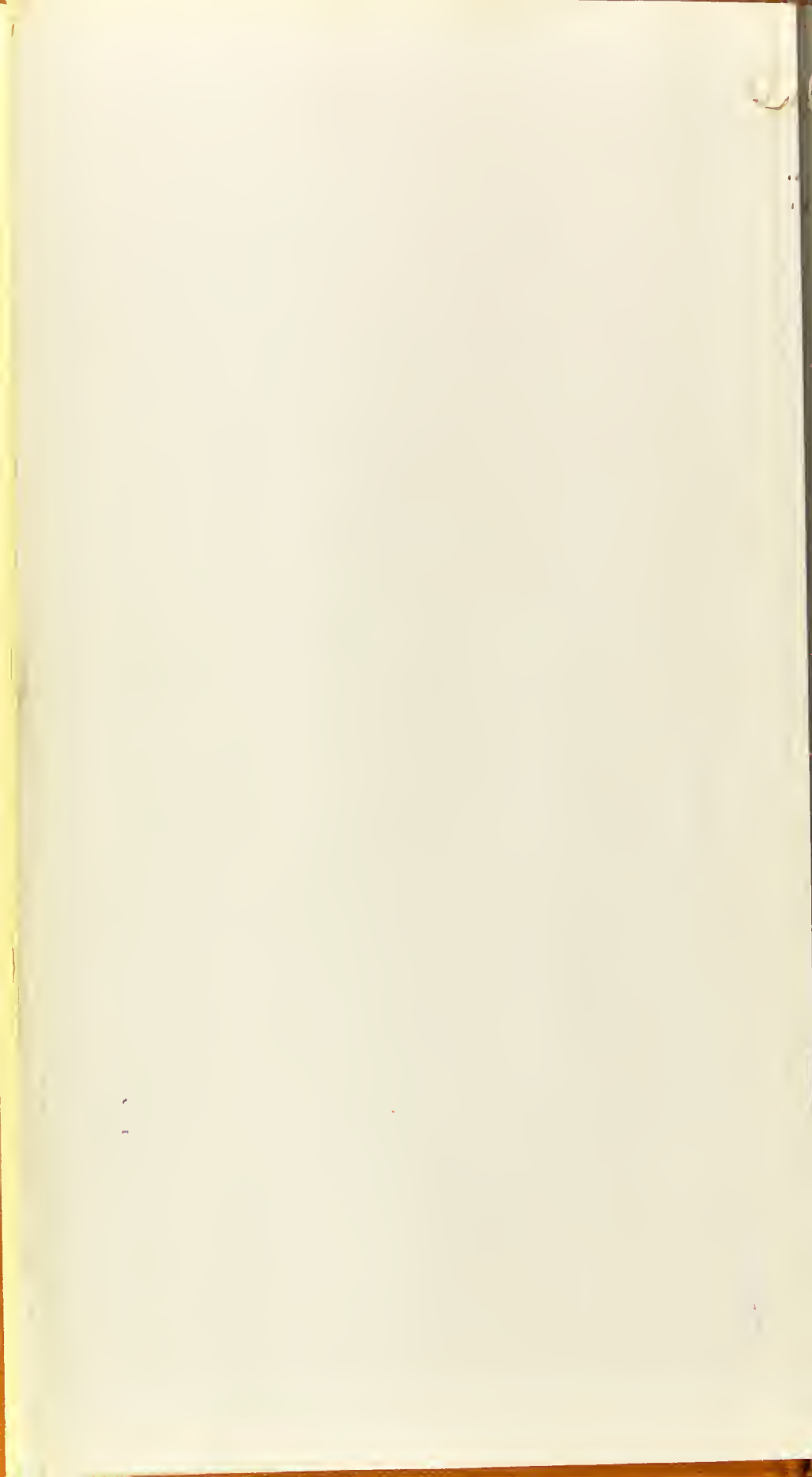
The bad personal treatment of the insane, arises in general out of the absolute and uncontrollable power which the relations may exercise over them, and so often are they sacrificed to pride or views of interest, the means of recovery being delayed for the purposes of concealment, or prevented for the sake of possessing the property, that the means of recovery have been so much depreciated in general opinion, that many contend that there is no cure for mental diseases ; though I firmly believe that what is termed mental derangement, is more certainly curable, under proper treatment, than any other serious disease, to which our nature is liable.

That the most mistaken ideas prevail respecting this complaint, even in the highest ranks of life, is proved by the news of the day ; which gives the melancholy relations of the death of a public character by his own hand. It appears that this much distinguished Statesman had been labouring under mental derangement for several months, without any proper means of recovery being resorted to ; and even when the case became so aggravated as to create great alarm, a friend was called in who was totally unacquainted with the nature of the disease, and whose anxious endeavours were only



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calculated to do injury, instead of a skilful Physician and an experienced Keeper. The motive for this is obvious; the disorder being to a great degree latent, exposure was to be avoided, and the victim of family pride became the bane of its happiness. If on the first appearance of mental disease proper measures had been taken, a valuable member of society might have been preserved, and even that exposure avoided, which was the certain consequence of its being neglected. If the relations of this greatly lamented personage, had known of his being afflicted with the Gout, as long as they must have known of his Insanity, all Europe would have heard of it before this hour; and yet his malady was not even suspected, beyond the limits of his own family, till after his death. Insanity is no proof of poverty of blood, or poverty of intellect, or of the want of virtue, as this deplorable case fully evinces: Why then should we be more ashamed of it, or strive to conceal it more than the Gout? But Insanity being an intermittent complaint, may remain a fatal length of time before it is discovered by the family Physician, however skilful; and even if he does discover it, he cannot act upon such discovery, till a communication has been made by the family relating to it. In cases of so much danger, and in which delay is of so much consequence, the most unreserved communications should be made without an hour's loss of time, and it is a disease that must discover

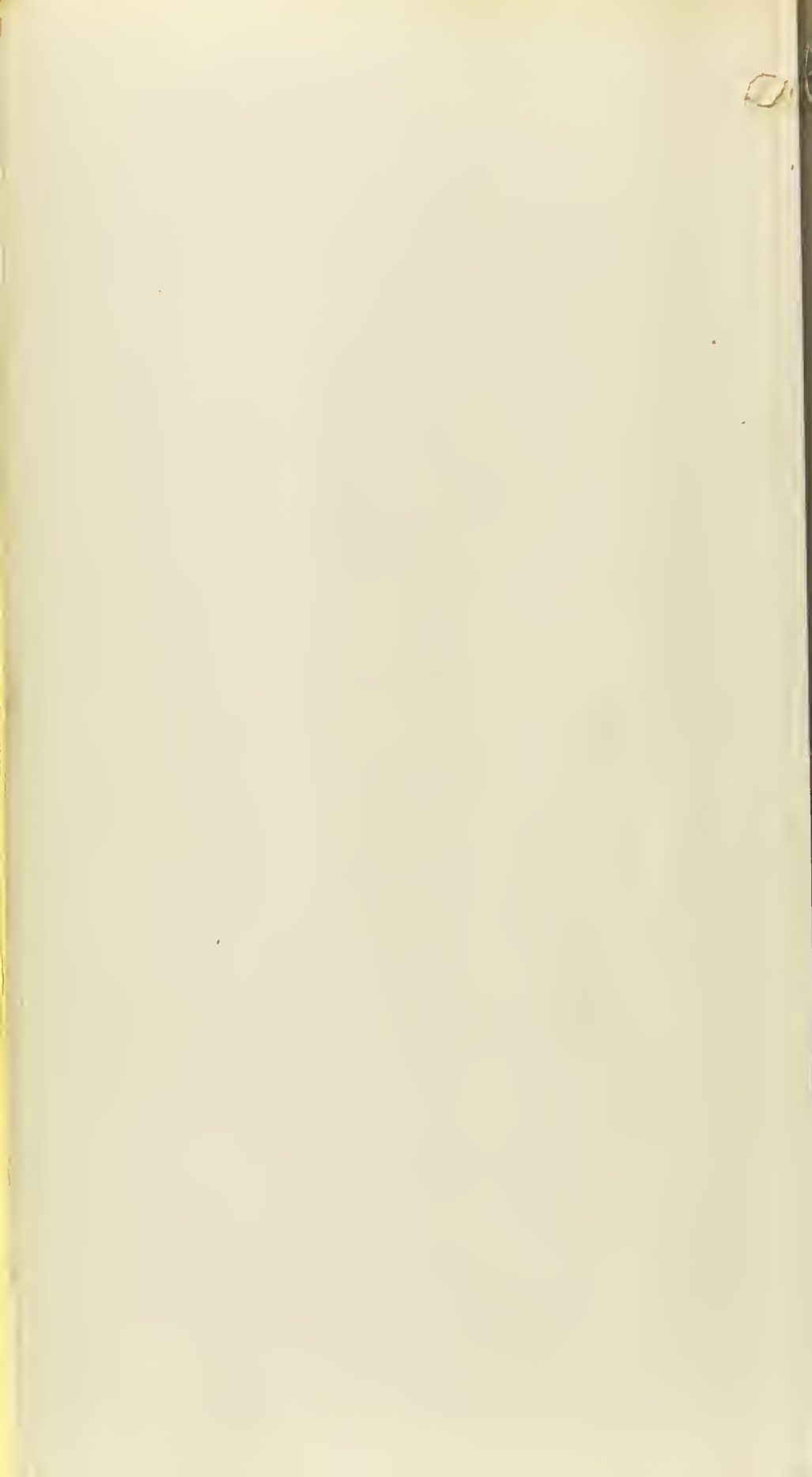




itself to the nearest connexions in life in its earliest stages.

The general treatment of the Insane is incontestably wrong; it is an outrage to the present state of knowledge, to the best feelings of enlightened humanity, and to national policy. It is become too a matter of great importance; for there are most unquestionably, at this moment, many thousands, perhaps some tens of thousands, of our fellow beings, languishing in hopeless confinement as incurable Lunatics, who, under a better system of treatment, might have been useful, safe, and happy members of society. The great moral and physical evil of Insanity, does not arise from the death of the incurables, but from the great length of time they frequently live under all the accumulating horrors of the disease. I have known an instance of a maniac being chained, naked, lying upon straw, who had been in that state for fifty years, without the least chance of recovery; and for this plain reason, no means of recovery had ever been used.

Dr. Willis stated before a Committee of the House of Commons, that of those Patients that were brought to him, within three Months from the commencement of the disorder, nine out of ten recovered. I can give him full credit for the truth of his statement, without ascribing to him any



superior methods; it being borne out by what I have myself seen of success in the practice. But a medical Gentleman, who has had some Thousands of the Insane under his care, calls the Statement "bold, marvellous, and unprecedented," and with very good reason, for in his own practice, about one-third only recover. If we take the proportion of recoveries at St. Luke's and Bethlem together, the amount of them is about two-fifths of the cases: Now the difference betwixt nine-tenths and two-fifths is most awful in its consequences; the number of new cases of Insanity in London, and its environs alone, may be estimated at Five Hundred annually; under one treatment, there would be fifty Incurables, under the other three Hundred; and if we take twenty years, as the average term of life for incurable Lunatics, under one treatment, the usual stock of these wretched beings, would be one thousand, under the other six thousand, and this is about the number there are actually found to be; being five thousand in London and its neighbourhood alone, chargeable upon bad treatment.

It may be calculated, that incurable Lunatics, cost the State about six hundred pounds each upon an average, besides the loss of a subject; while the cost of cure, in those that recover, averages about forty pounds only, besides the advantage of a subject restored; and unless we are to suppose, that the rest of the kingdom is better served than





London, in this particular, it may be fairly calculated that the cost of maintenance, of those who are become incurable through improper treatment, amounts to more in one year, than would be sufficient to pay the expence of Establishments, that should be equal to the reception of all the new cases that would occur in the whole United Kingdom; giving the best chance of recovery, and keeping all that proved incurable for twelve months.

Large Public Asylums for the Insane, are certainly wrong, upon system; for nothing can be more calculated to prevent recovery, from a state of Insanity, than the horrors of a large Mad House, close confinement, and a state of idleness in the company of incurable Lunatics.

As a proof that those Public Asylums, which are the best conducted, in regard to the comforts of the Inmates, are yet extremely inadequate, in affording the best means of recovery, I need only instance the success in the cure at the Retreat near York, compared with the success at my own small Establishment, which is intended solely for the purposes of cure, and not the reception of those that are deemed incurable; and as I have never had any concealments, with respect to my methods, but have even been at a considerable expence in publishing them



to the world, my giving this comparative statement, cannot be fairly deemed either invidious or improper.

The Retreat is from two to three times the size of Spring Vale ; it has had the most extensive patronage, so that it has been generally quite full, with Patients waiting for admission ; if therefore, a greater number had been discharged cured, more might have been admitted. With the exception of the kindness and pecuniary assistance of one very worthy Family,\* and the good reports of my visiting Magistrates, and Medical friends, my obscure Institution, has stood solely upon its own merits, from the commencement with a single Patient ; has seldom been more than two-thirds full, so that if more Patients could have been obtained, a greater number might have recovered ; yet the number I have discharged recovered, has, in six years and nine months, exceeded by thirty, the number they have discharged at the Retreat, in sixteen years and three months ; my number being Eighty-six, and theirs being Fifty-six ; my recoveries having, upon the average, taken about a fifth part of the time, of those at the Retreat.

The abuses in private Mad Houses, are most notoriously horrible, and this no doubt arises

\* The family of Philips.





out of its being for the pecuniary interests of the Masters to retain their Inmates, and not lose them by recovery; and their keeping them often meeting the secret wishes of the nearest relatives, or guardians; not only are all means of cure neglected, in many, but it is even very confidently asserted, that in some, medical means are in actual use, with a view to prevent recovery; a practice, that I should consider as much worse, in point of moral turpitude, than murder; but it is a crime that may be perpetrated, with perfect impunity, as to human Laws.

Great numbers of those afflicted with Insanity, are kept from all timely means of recovery, by the ill judged parsimony of Parish officers, who only regard present expenses, and a still greater number by the folly or wickedness of their nearest relations; nor do I suppose that one half of those who become insane, are ever put into any Mad House, either public or private: they are to be found in gloomy Cells of Parish Workhouses, in dark Closets, or cold Garrets, of private Houses, uttering execrations against their relations, and the Almighty; or they are suffered to stroll about as beggars, to the great terror of the inhabitants; in every situation equally unprotected: The relations can exercise an uncontrollable power over them, though they are the people, of all others, that should not be intrusted with such power, as being the most



likely to abuse it; of the abuses of this power, I could give many instances, from my own knowledge; I will content myself with a few. Of the abuse of power arising from folly, or weakness of understanding, I will only give one instance.— I lately saw a Parent, who insisted upon it, that no means of recovery should be used for her son, who was in a state of Phrenetic Insanity; for that it was an evil Spirit, (she said,) that he was troubled with, and till the Lord was pleased to take it off, she was quite sure, that nothing that either me or any one else could do, would be of any use; the young man was very likely for recovery, but, I dare say, that he now remains in the same state: and this opinion that Lunatics are Demoniacs, prevails very much.

X I have known a son take measures, evidently for the purpose of preventing the recovery of his father from Insanity. I have known a large, opulent family, combine together in the use of means, which they thought the most likely, to prevent the recovery of a brother, who had acquired a large property by his own exertions; they being at this moment in possession of his property, and he taken care of at a trifling expence. I know a Female, of fashion and fortune, who has pertinaciously withheld the means of recovery, from an older sister, on account of the expense, though the sufferer's own income is more than sufficient to procure





the best means the Country affords ; but she finds it necessary to make use of a part of her unfortunate sister's income, to support her own fashionable style of living.

I know another opulent family, who have kept a brother in confinement, for upwards of seven years, without any means of recovery, though they themselves believe that he would have recovered, had proper means been timely resorted to ; but the undisturbed possession of his property is, evidently enough, their only object. There is now living at a short distance from this place, a poor object of a female, who, for bed and accommodations, is frequently in a worse state than the swine are suffered to remain in, at the same place ; she has been in this situation twelve years.

Death has lately put an end to the sufferings of another female, in this neighbourhood, who was a wife and a mother ; she had existed for ten summers, and as many winters, in a state of complete nakedness, without the least bedcovering, or any thing but straw to lie upon ; without fire, in a house inhabited by no other person ; she was grown double, and her body all covered with hair, supposed with the effect of cold, so that she no longer resembled a human being. I knew another female, out of a respectable family, who became insane soon after giving birth to a son ; I have great



reason for believing, that no medical assistance was obtained for her ; but she was put into a cold Garret, where she remained coarsely fed, and coarsely covered, while her Husband was enjoying every self-indulgence that money could purchase ; till that son became of age, and had her set at liberty. I have met with gross abuse from a wife, for no other reason than that of being the humble means of recovery to her Husband, from a state of Insanity. I have been grossly abused by a Husband, for not agreeing with him in opinion, that his wife was incurable, and ought to be confined for life ; and I have seen evident proofs of anger and disappointment in a mother, on the unexpected recovery of her son. I have a Letter now before me, from the Parent of a Patient, whom I have pronounced fit to return home, which bears strong marks of unwillingness to receive him back ; tho' there cannot, as I think, be any cause for such unwillingness, but what arises from the want of affection. I have known instances, where it was clearly evident that I was prevented having opulent Patients, not from any apprehension that I should neglect my duty, or the comforts of those intrusted to my care, but because I should, they well knew, persist in the use of those measures that were calculated to produce recovery.

I have now a Gentleman, who was for a number of years in a most deplorable state of maniacal des,





pondency, under which, his sufferings were too dreadful to think of; he changed suddenly to the lively, elevated state of mind, under which he appeared the most happy, joyous man alive, but he was found troublesome and expensive to his family; his daughter, a person of fashion, requested to know of me, whether the use of very severe measures might not be the means of throwing him into his former state of deep melancholy; for that she wished to God he was in that state, as she could then manage him herself at a trifling expense.

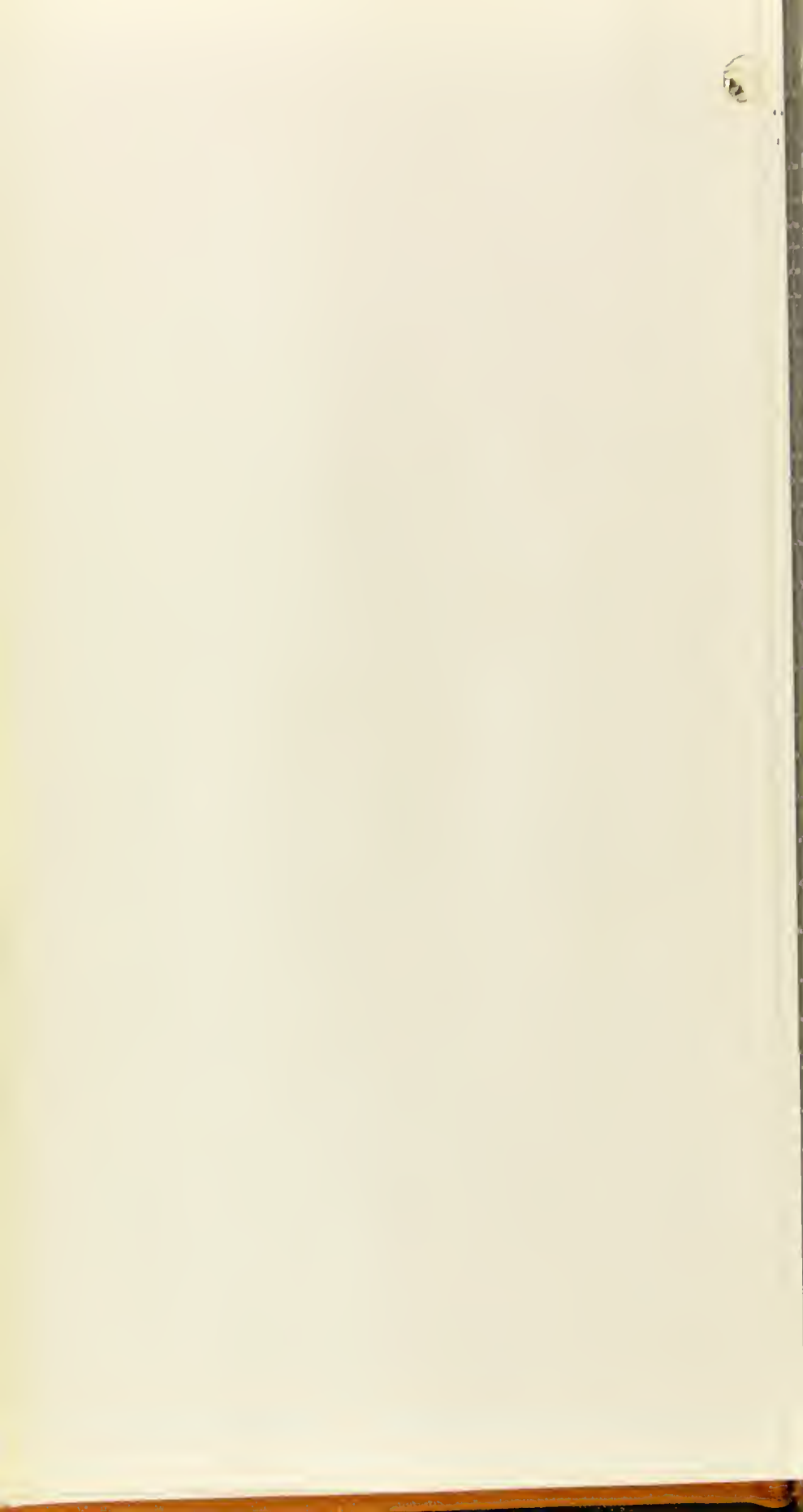
I know a Man, who was confined in a private Mad House forty years; the only relation he had, that was expected to take much notice of him, was a brother, who lived in opulence about a dozen miles from him; he was at one time eleven years, without calling to see him, or sending to enquire after him. It is a well known fact, that no enquiries were ever made after some of the Lunatics, who lost their lives at the late fire in York Asylum, by their relations. I lately saw a very fine looking young Woman in a most deplorable state of maniacal, raving despondency, who must have been very likely for recovery, while the case was recent; but she had then been seven years afflicted, and during this space of dreadful suffering, her most heart-piercing lamentations were, that nothing had been done to relieve her from that state of horror; her Parents were opulent, but did not choose to be at the expense necessary for her recovery.



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I think that I have made out a case for the unfortunate tribe of Lunatics ; for though my information is only local, yet it may be fairly concluded that what is practised within the circle of my knowledge, is practised elsewhere. It remains for me to point out the best remedy, and this I can only do, by the recommendation of a sweeping legislative measure, that should recognize every Lunatic as a Child of the State : and as exhibiting the best methods of recovery must be of the first consequence, I would have it enacted, that all large public Asylums for the Insane should have receiving Houses, for the reception of all recent cases ; where the Patients should have full trial, of the best curative means, previous to being admitted among incurables ; or even the mention of incurable Lunacy : such receiving Houses to be in dry, healthy, elevated country situations ; with enclosures of Land, sufficient for all the purposes of out-door amusements, exercise, or regular employment, in Horticulture or Agriculture ; with walls, or other fences, sufficient to prevent escape, and the intrusions of idle curiosity ; and instead of being places of close confinement, in a state of inactivity, they should be so constituted that the Inmates might enjoy a greater degree of liberty, and of mental and corporeal exertion, than they could possibly be intrusted with elsewhere.

The abuses of private Mad Houses, I would cut up at once, by a total separation of the curative



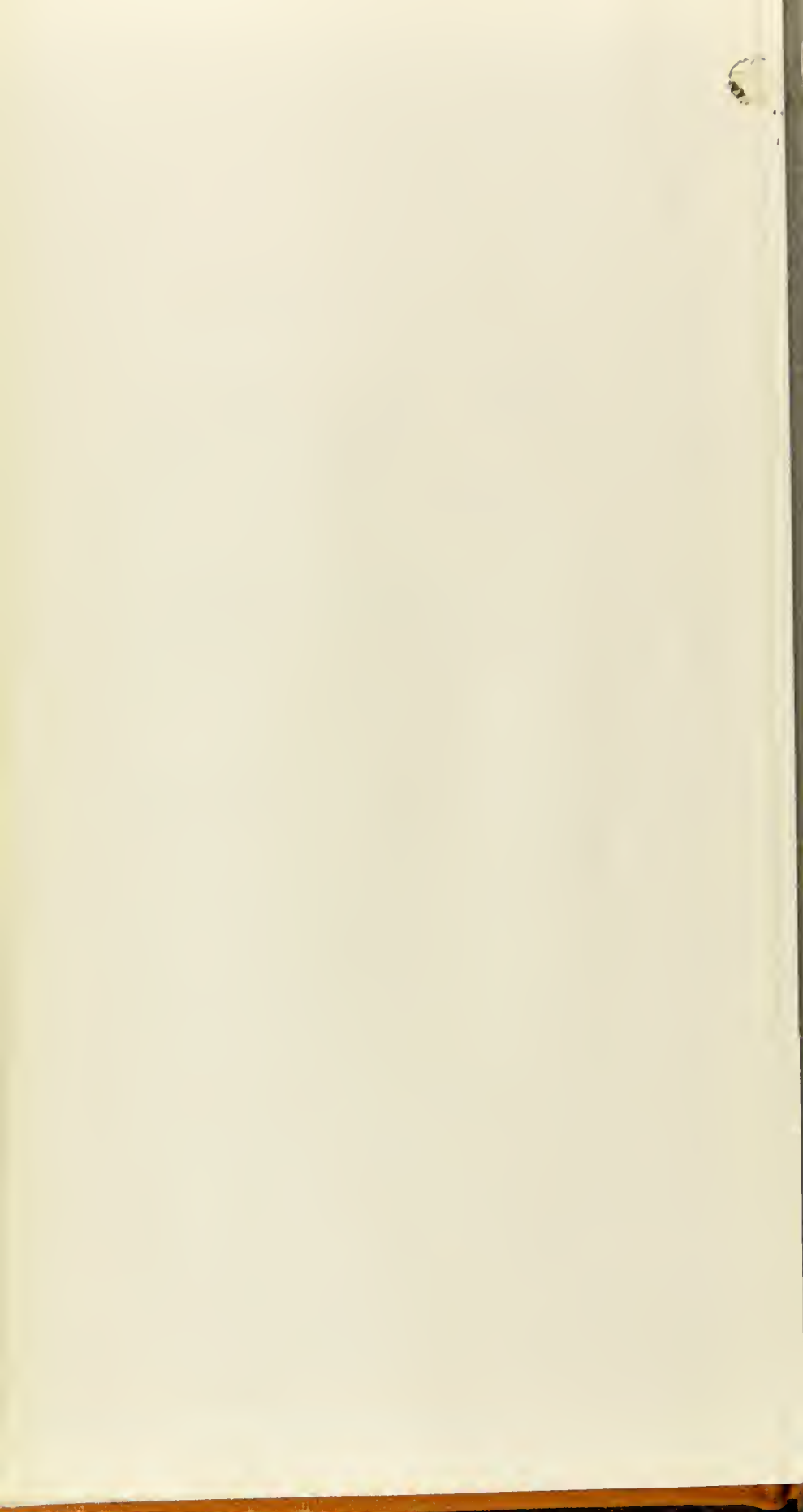


means, from that of keeping those deemed incurable; those who undertook the cure, to be properly qualified for the purpose, to be bound by oath, to be well remunerated for the cure; but to derive no pecuniary advantage whatever from keeping Lunatics; and to have them only for a limited time.

Those who undertook Incurables, to admit none but such as had been previously submitted to the means of cure, for a certain time, and pronounced incurable by competent judges.

The temptation to delay, or the neglecting the means of recovery, in Parish officers, I would remove, by a removal of the expense of trial of cure, from the Parish rates to the County rates.

The abuse of power in relations, I would provide against by enacting, that any person whatever, who should bind, or confine, any one under the plea of Insanity, longer than twenty-four hours, without the opinion and concurrence of a regular medical person, should be liable to a very heavy penalty, which penalty should be still heavier, if any one was kept in like manner longer than a month, without the sanction of two neighbouring Magistrates; who should have power to appoint proper medical and moral treatment: and lastly, that all those who undertook the management of

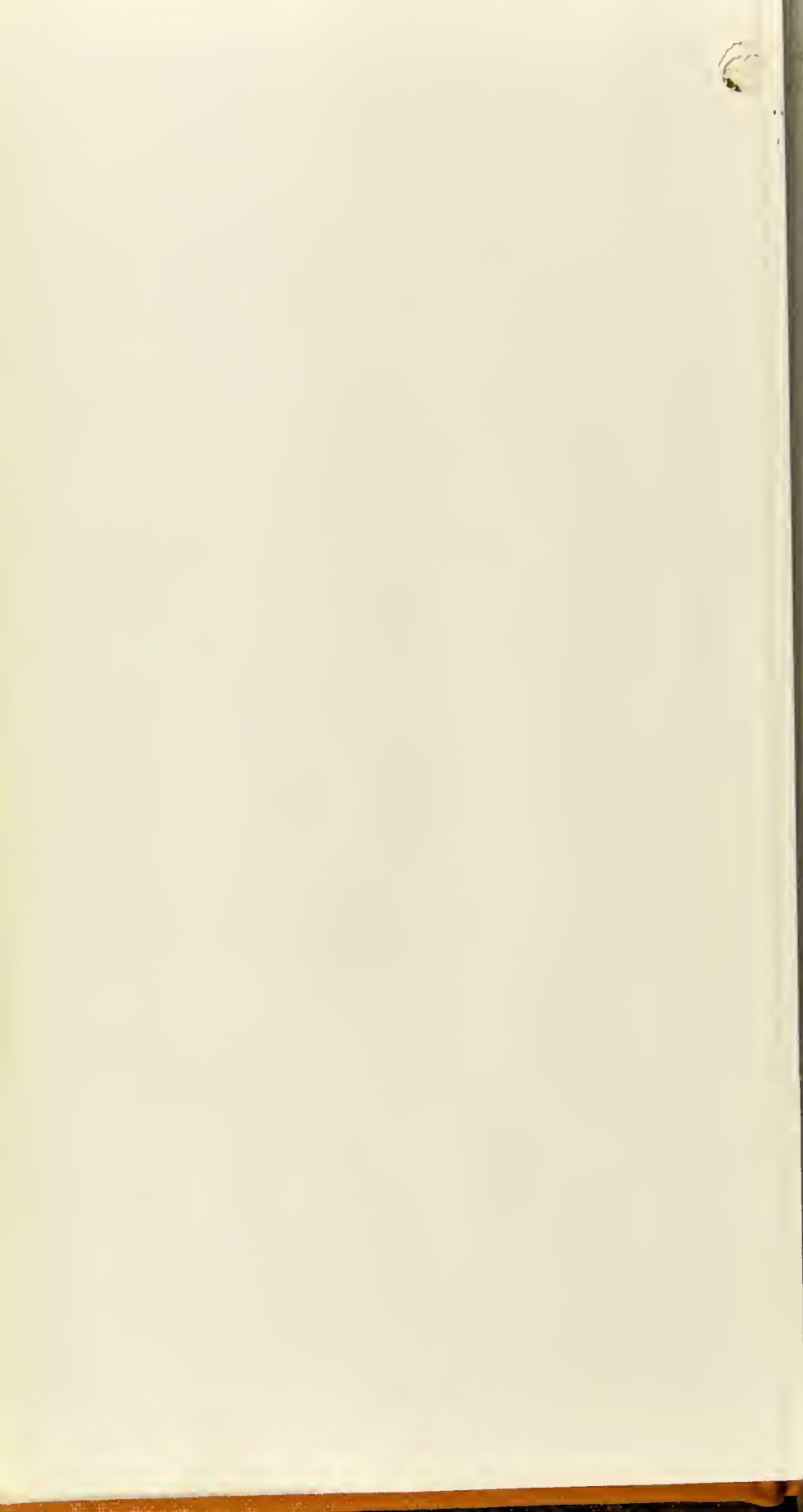




the pecuniary affairs of Lunatics, should be accountable to the ecclesiastical law, the same as in administering the property of the dead.

The reason we know so little of the particulars of treating Insanity by the Antients, is, no doubt, owing to those who undertook it as a profession, purposely concealing their methods, under the appearance of mystery, for the sake of giving them consequence, while at the same time their practice might be simple and easy: we only know for certain, that Insanity was considered as a curable disease; and that particular places were famous for effecting the cure. White Hellebore is mentioned as having been wonderfully efficacious, but that it grew in perfection no where so much as in the two Islands of Anticyra; and that it was prepared too for use, in the greatest perfection, in these Islands; where it was mixed with other drugs, so that the medicine administered was a compound bearing that name.

Now there is good reason for supposing, that the journey to the Island, the novelty of the scenery, the salubrity of the air, and an experienced moral treatment, contributed as much to the recovery as the medical means, though these were not neglected, while the recovery was solely attributed to the power of a drug, which could not be used by others, with the same effect, nor even without



danger of doing great injury. On the other hand, the Priests of ancient Egypt, pretended to cure the most obstinate mental diseases, by the sole agency of supernatural powers ; but their Patients, or rather Votaries, were kept under a very strict regimen, and in a constant round of active amusements ; and whatever was calculated to allure the senses, or prove incentives to rational pleasure, were amply provided ; no wonder then that they were so much celebrated for their success.

Would it not be possible to unite all the advantages of ancient Anticyra, ancient Egypt, and modern Spain, in the treatment of this disease ? the latter depending, perhaps, too much upon manual labour, which is most assuredly an excellent remedy for those who have been previously accustomed to it, and the labour of Lunatics might be made productive, but I should not think of imposing it as a task, or of recommending it to those who had never laboured before. County Asylums, have been spoken of as a means of ameliorating the condition of Lunatics ; it is certainly a mistaken idea ; for County Asylums will generally be County Jobs, and that too of the very worst kind, from the influence of local interests and local prejudices ; and, however well conducted, if they are to be the means of packing together, and keeping in close confinement, criminal Lunatics, dangerous Idiots, pauper Lunatics, curable and incurable, those





under the most violent paroxysms of madness, and those under the depressions of melancholy, they must do great injury; and greatly add to the misery they were intended to relieve. Besides the expense of them will become very serious to the Landed interest, for, by falling partially upon particular Parishes, they may fall very heavy indeed; and it appears that the usual charge of 14s. per week for Paupers, is not contemplated as being sufficient for their support at the County Asylums, but an Act has been lately brought forward to enable the Magistrates to charge whatever they think proper; so that all Paupers afflicted with mental disease, may be expected to cost their respective Parishes at least a guinea per week, in those Counties that are blessed with a public Asylum; and what is the system at best but a scheme to organize by law indiscriminate coercion, from which there is no appeal, under the ostensible plea of humanity? I do not question the purity of intention in the framer of the County Asylum Act, but either the cure was lost sight of, or he was totally unacquainted with the nature of the disease: the principle of it is, that to take these poor objects and keep them from doing injury to themselves or others, and make them as comfortable as possible in confinement, is an act of humanity, and no doubt it would be so if they were incurable and dangerous; nor can any one be much blamed for acting upon it as a principle, it being a generally received opinion that





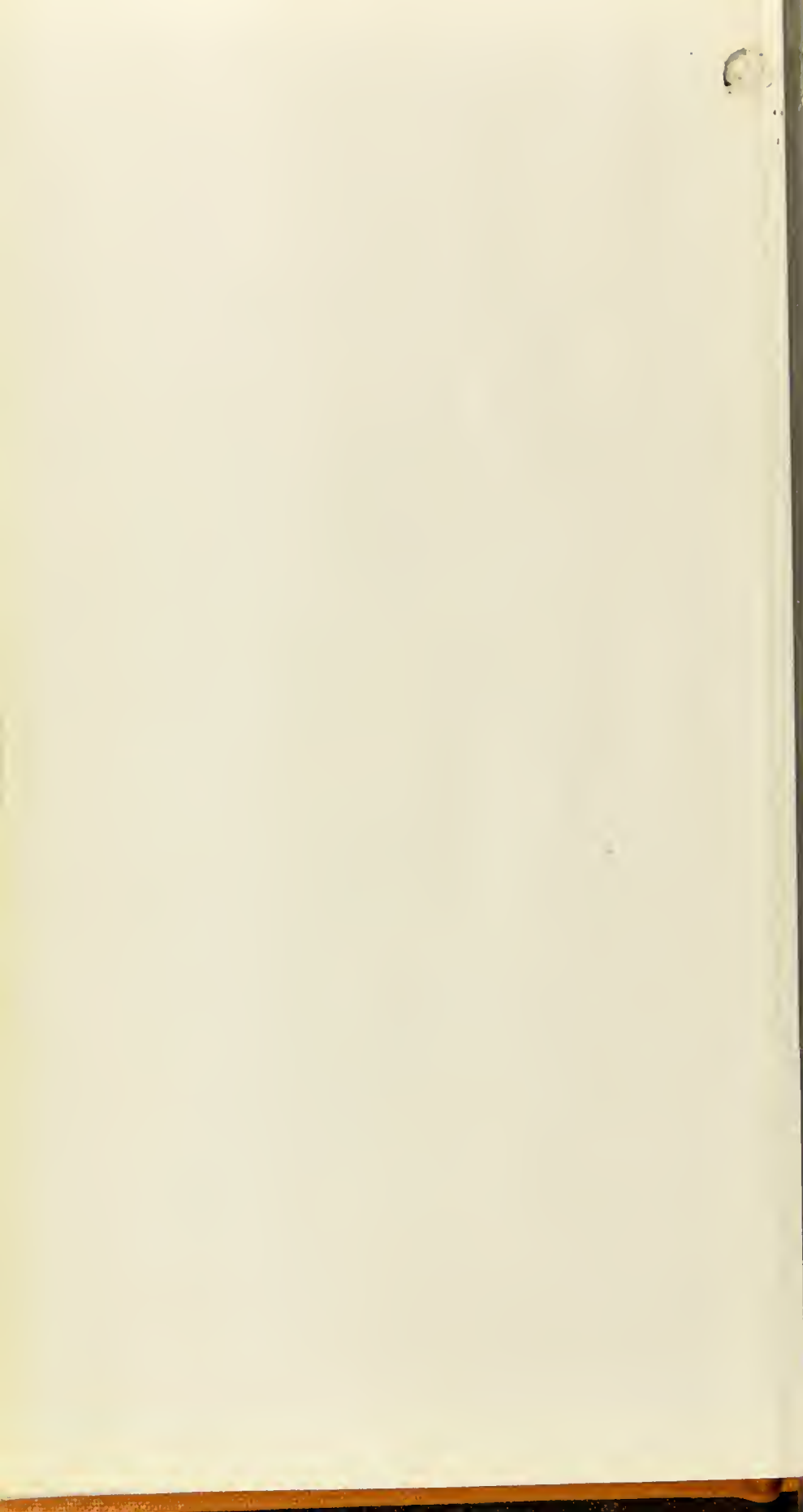
Lunatics are dangerous and incurable. But if Insanity is a curable disease, and that it is, no one will controvert, that can speak to honest and diligent experience, then the cure should be the first object in whatever relates to it; for this reduces the evils of it into the least compass possible, in the first instance; and the best chance for recovery is not attainable but by a total separation of the curative means from that of keeping incurables: for the great difficulty of proper moral treatment does not arise from the absence of reason in the Patients, but from the presence of strong mental feelings, in which they do reason though partially; for instance, they can reason upon the horrors of being confined along with incurable Lunatics, though they cannot reason upon the necessity of it in their own case, nor can they reason upon the probability of being released, while they see or hear of others being confined for life under the same roof. I never fail to have it impressed upon every new Patient, that they all get well that are brought to Spring Vale, that they must take a little medicine, and comply with the rules of the House, and they will soon be sent home in good health; and though I have some few incurables, I am at great pains to prevent this being an injury to those under the curative process; but had I a large proportion of this description, it would be impossible to prevent their doing injury. Mention is made of separate wards, for the sake of distinc-



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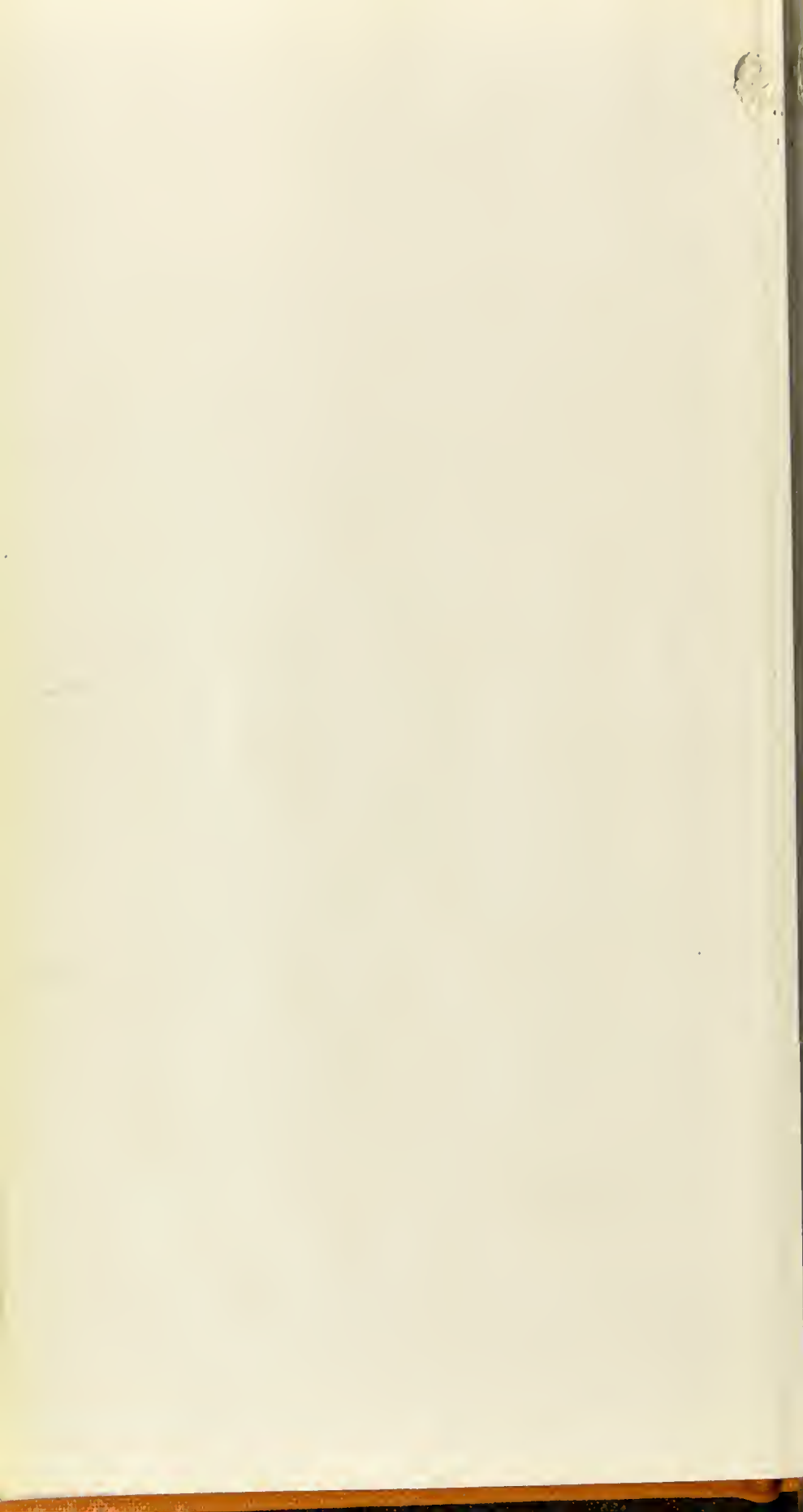
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tion ; but if it is proper to keep them apart, why bring them at all together, if it could be avoided ?— Those under the curative process should not breathe in the same atmosphere with those given up as incurables ; they should not even hear of there being any such thing as incurable Lunacy, as I have said before ; the cordial of hope should be constantly held up by the hand of humanity ; and where all are under a curative process, where numbers are frequently discharged recovered, and where none can be retained past a limited time, the cordial of hope may be held out, and public Hospitals, instead of affording the very worst chance of recovery, might afford the very best ; for public Hospitals, established by law, might enjoy privileges, as curative means, that private individuals cannot enjoy. Might I therefore be permitted to recommend a public measure for the better treatment of the Insane, it should be that of National Hospitals, for the cure of Insanity alone ; to admit none but recent cases, and to keep them only for a limited time ; the Masters and Servants to have liberal fees for every recovery, which fees should be entirely lost in cases of failure. I would say that ten would be sufficient for England and Wales ; for a journey of forty or fifty miles with the Patient is rather an advantage, and they cannot be too far removed from family intercourse, while under the curative process. Each of these Hospitals to be equal to the reception of one hundred and twenty Patients, in





three divisions of forty each, one for males, one for females, and one for convalescents of both sexes; to be quite apart, under separate Masters and Keepers: such Institutions to be fixed in healthy, elevated country situations, distant from the busy haunts of men, with each enclosures of Land, say from one to two hundred acres, well secured by a wall or fence; and within these enclosures should be provided ample means of active amusement for those who had not been previously accustomed to labour, and regular employment for those that had: for amusements say bowls, skittles, cricket, football; and a great variety of the animal and vegetable creation would be found medicinal; and the place itself should consist of "Hill and Valley, fountain and fresh shade." The more refined amusements would require an assembly and music room, a well selected library, a collection of pictures, a billiard table, chess and draught tables, and above all, an *Oratory* to be used daily. It would be no little point gained, if the horrors of this disease were diminished, for it would be a most effectual means of diminishing the frequency of the disease itself; we associate with the idea of Insanity, Chains, solitary confinement in the gloomy Cell of a Mad House, naked, upon a bed of straw: Can any thing be presented to the imagination more horrid, or more calculated to have a morbid effect upon the nervous system? Yet all these are founded upon a system of unnecessary coercion, and which





might be avoided, to a very great degree, without danger or additional expense; a first expense, I grant, my scheme would create, but this would be amply repaid by an economical system afterwards; I admit that each of these Institutions would require, at least, from thirty to forty thousand pounds in the first instance, and from three to four thousand per annum for their support; as I would have all the Patients entirely free of expense, and not only this, but, however excellent the plan, means would be required by law to enforce its application; for were an Angel from Heaven to descend upon the Earth, and engage to recover all Lunatics that applied for it, numbers would be withheld from sinister motives; and still greater numbers if the application was attended with expense. It would be of importance to have buildings for the reception of the Insane quite fire proof, for by that means the dread of fire would be taken off, which haunts so much people of weak nerves: and erections for this purpose, with the rooms arched over with bricks, the span of the arches to diminish from the centre each way, so as to require only small abutments at each end of the building, might be rendered not only convenient but the most economical. If the inmates were made free of arrest for debt, it would be of still greater importance.

But providing for the expense of what I would recommend is the great consideration; for of its



utility there can be no doubt, nor can there be any doubt but that such a measure is wanting. I would propose a general composition from all the inhabitants above the age of twenty-one; such of the lowest class of society as were not housekeepers to pay sixpence each annually, housekeepers of the lowest class to pay one shilling, housekeepers of a higher class, having establishments of servants, to pay five shillings, and those who kept horses and carriages, for pleasure, to pay one pound annually: the money to be collected by the Overseer of each Parish, with an allowance for the collecting it, and the money to be transmitted to the Treasurer of each County, such Treasurer to pay the proportion of the expense for all Lunatics belonging to the County, and to transmit the remainder to the Treasurer of an especial Commission, appointed for the purpose of conducting the whole system: and if the expenses in any County exceeded the receipts, the County Treasurer to draw for the remainder upon the Treasurer of such especial Commission. Calculating that the whole sum collected would greatly exceed what would be required for the support of Establishments for the cure of Insanity, the overplus to be applied to the purpose of Establishments upon a liberal system, for the safe and comfortable keeping of incurable Lunatics.

The additional burden upon the People that this collection would impose, would be scarcely felt,





would be cheerfully paid, on its principles being properly explained ; and if properly applied would do incalculable good. But if the number of Hospitals I recommend should be thought too much at first, one or two might be erected by way of experiment ; say one in the neighbourhood of London, and another in the centre of the kingdom. These considerations are humbly submitted as hints, to be improved by legislative wisdom ; and am,

Sir,

Your most

Humble and very

Obedient Servant,

**THOS. BAKEWELL.**





## REMARKS ON THE NATURE, CAUSES, AND CURE OF MENTAL DERANGEMENT.

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**W**HAT is Insanity? Can a plain answer be found to this plain question, by a careful perusal of our English writers upon the subject? I think not; there has, in my opinion, been too much of the glare of science, and too little of common observation, on a matter of such universal import. I have gone over the pages of all, or the greater part of what is presented to the mere English reader upon mental Derangement, and have felt myself greatly disappointed by learned distinctions, and scientific definitions. It is true, that I may not be able, from the want of education, to appreciate the merits of the respective writers; be that as it may, I confess that I am an empiric, whose opinions are entirely the result of assiduous observation; I have lived for a number of years amongst Lunatics; I have been in their company almost constantly, from morning till night, and not un-

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frequently from night till morning. Besides the advantage of private practice for twenty years, and a knowledge of the practice of my Grandfather and Uncle, who kept Mad Houses, in about a hundred and fifty cases, I have attended to every shade, of every variety, of this disorder, with the most anxious solicitude, to establish an hypothesis, that should be reconcilable with the different phenomena of the disease. Were we to depend on the report of relations and friends of the afflicted, we should, in some cases, conclude, that it was a malady purely mental, and exclusively owing to grief, or some other strong impression upon the mind; while in others it is attributed solely to bodily disease; and great pains are taken to convince me that nothing was ever wrong in the mind before the disorder came on, though the bodily disease, which is assigned as the cause, is such as frequently takes place in others, without producing mental disease. Some, I am told, were always very healthy, previous to this affliction, and of very contented mind, happy in temper, and of temperate habits; while in others, it is admitted that mental and bodily causes, might co-operate to produce it.

The last writer upon this complaint, whose pages I have cut open, informs his readers, that man is an homogeneous mass of mind and body, that what we term mental diseases, are, in fact, corporeal diseases, and that every corporeal disease must pro-



C.

duce mental disease; I grant that every corporeal disease produces effects upon the mind, but surely not those that are erroneous, in every instance; were it so, how shall we account for the thousands of thousands, who die of bodily disease, whose last conceptions of thought were as clear and rational as any that preceded them. I have myself seen several instances of people sinking under what is called nervous atrophy, after many months of mental aberration, who were quite rational, at their last moments.

On the other hand, many writers speak of Insanity as a primary, idiopathic disease of the mind: this I cannot but dispute; I cannot believe that there is any such thing as primary, idiopathic disease of the mind; if, by the word mind, something is meant independent of, or distinct from, the body.—I am much inclined to doubt its being a disease of the mind at all; I grant that it is a disease which occasionally produces effects upon the mind, but there is a very obvious difference betwixt weak bad wine, and good wine, being occasionally mixed with water: nor does the Sun cease to shine when obscured by the intervention of a cloud.

In speaking of Insanity, I would not have it understood, that I argue from its most deplorable symptoms, such as fury, dementia, or mental stu-







por ; which often supervene upon simple Insanity, owing to improper treatment, or adventitious causes ; but from its simple general state, and in this state, Insanity, so far from being any injury to the mental faculties, actually operates as a great improvement to the intellectual powers in many instances.— J. W. makes Verses with the greatest facility, and writes good sense upon subjects of natural Philosophy, a thing he could by no means do previous to his Insanity ; yet his disorder is not only confirmed, but is such as to render him extremely dangerous, and he is quite incurable as I believe.— Mr. P., it is said, has greatly improved in his admirable talent of reasoning upon theological subjects during his Insanity : and so has Dr. F. in his practice of medicine. W. B. is in a most confirmed state of Insanity, yet he conducts himself with the greatest propriety, as a good husband, father, farmer and neighbour ; and as Overseer of his Parish he is found superior to what he was before the commencement of his complaint. I have often contended at Chess with G. J., who, during his Insanity, beat me nine games out of ten ; yet after his recovery, we played upon pretty equal terms. Being once set fast with some difficult accounts, I called to my assistance a Patient, who was at that moment labouring under a paroxysm of raving Insanity ; he set the account right with surprising quickness, and certainly in much less time than he could have done previous to his dis-

*History, - if I recollect, & have  
n conversed with him & seen him  
A. B.*



order, and then returned to his raving. To play whist well requires the use of the mental faculties ; J. L. plays an excellent game at whist, and much better, as I believe, than he could have done before his illness ; yet he is in a most deplorable state of mental derangement, and I fear incurable.

But to prove more satisfactorily, that Insanity is not, in its simple general state, any injury to the faculties of the mind, it may be necessary to enquire into what are the faculties of the mind ; for, in this important particular, I apprehend, we have been in error. I grant that attention, recollection, judgment, invention, foresight and design, and their varieties, are powers of the mind : for each of them may be exerted by its free volitions ; and in all of these the Insane can occasionally exert their usual powers. But writers have included the first conceptions, or perceptions of thought, as one of the mental faculties ; yet this is certainly wrong, for that cannot be a power of the mind, over which the mind has no power : now our first conceptions of thought are quite involuntary, prior to, and independent of, any exertion of the mental faculties ; we cannot command particular conceptions of thought, or prevent them, and often when engaged upon the most attractive subject, we suffer from what we call a divided attention, that is, our thoughts wander from it ; such wanderings being quite involuntary. We are all of us liable to





erroneous and visionary conceptions of thought, and it is only the balance of rational conceptions that constitutes the difference betwixt those who are called Sane, and those who are called Insane; the Sane having, at times, erroneous and visionary thoughts, and the Insane having, at times, rational thoughts. It must be admitted, that in those confirmed cases, where the suggestions of erroneous or visionary thoughts, are insisted upon as realities and rational facts, that the power or faculty of the mind, by which we are enabled to judge of the correctness of our own thoughts, is suspended; but the most common symptom is the excess of action in the thinking principle; the Patient being, at times, conscious of this excess. I had a man brought to me a short time since, in a confirmed state of raving Insanity; but as the journey and the novelty of the scene, by making a strong impression upon the mind, generally produce a lucid interval, I take the opportunity of obtaining what information I can from the Patients themselves; I said, "Pray, my good man, what is the matter with you?" His answer was, "Why, Sir, the folks say that I am mad, for I cannot help saying all that ever comes into my head." Now, were I to say all that ever comes into my head, the folks would soon say that I was mad, and my readers may confess the same. This man's erroneous thoughts were too powerful to be suppressed, but the diseased power of erroneous thoughts generally





discovers itself by the actions, before it does by the words, and many are irregular in their actions that are quite correct in their words; and many are quite correct both in their words and actions, when in company, that are completely insane when alone. The cause is plain; when alone, the erroneous or visionary train of thoughts is not interrupted by those that are rational; and the disease, in its mildest state, simply consists in the prevalence of erroneous or visionary conceptions, with which reason has nothing to do: Induce, by means of new and strong impressions upon the senses, a new train of thoughts, and the Patient shall reason as well as others, or these erroneous and visionary conceptions of thought, when brought into diseased action, may be termed strong mental feelings, that are paramount to truth and reason. Once endeavouring to convince a Patient that he was wrong in his opinion—Sir, he said, it is in vain to attempt to convince me, by the powers of argument, that I am wrong, for I feel that I am right. It is this strong mental feeling that gives to pleasing fiction, and popular superstition, a power that cannot be counteracted by the force of truth and reason; it becomes the glory of the martyr, and the only apology, for those who sink under the weight of cureless passion; and often when we suppose that we are submitting to the dictates of reason and of judgment, we are only yielding to the force of a new train of mental feelings, in which reason



had no share. The youthful warrior, who bent upon revenging, with bloodshed, the insult of a churlish neighbour, had his sanguinary purpose suddenly changed, flattered himself that he was listening to the voice of wisdom and humanity ; when, in fact, he was turned from his bloody thoughts, by a train of opposite conceptions, that were occasioned by the sight of a beautiful and fascinating woman ; and the fair Abigail was only so far indebted to the powers of wisdom, that they might give permanency to the favourable impression she had made.

But, let us ask, what is this thinking principle, that produces these first conceptions of thought, that is constantly active while we are awake, and not unfrequently when we are asleep ? Whether it ever ceases to act when we are asleep, I will not take upon me to determine ; certain it is, that when awake, we can no more cease to think, than we can command, the particular thought that shall occur. It is easy to say, that these first conceptions of thought are occasioned either by internal meditation and reflection, or by external impressions made upon our senses ; that is, they either arise from what we know before, or from what we learn for the first time ; but these are secondary causes, and as matter alone could never erect itself into a thinking principle, we must refer it to the " great first cause ;" and we receive it not only as an





article of religious faith, but also of metaphysical truth, that God breathed into "Man's nostrils the breath of life, and Man became a living soul;" by which we understand that the Spirit of the Almighty began to operate upon matter in the form of man, and that it continued to operate upon it, so long as this matter remained tenable, according to the eternal purpose. It is that which

"Lives through all life, extends through all extent,

"Spreads undivided, operates unspent;

"Breathes in our soul, informs our mortal part,

"As full, as perfect, in a hair as heart;

"As full, as perfect, in vile man that mourns,

"As the rapt Seraph that adores and burns."

POPE.

That is, it is in itself pure and perfect, not subject to disease or decay; but operating upon changeable corrupt matter, the result is changeable. On the death of the body, the Spirit returns to God who gave it; and this emanation from the Deity, this Divine Spirit, continually operating upon the most refined and pure parts of matter in man, called the nervous fluid, or nervous principle, is constantly producing the first conceptions of thought; but as this nervous principle is of different temperatures, according to the state of the body, these first conceptions of thought differ in their temperatures too; in one state of the body, there shall be a happy ascendancy of rational and clear conceptions; in a diseased state, there shall be a redundancy of erro-





neous and visionary thoughts ; yet still this thinking principle shall possess such energies, as upon particular exertions, to overcome the tendency to diseased conceptions ; for, in fact, we find, that in the worst state of mental derangement, a strong and rational impression, shall overcome the morbid power, and produce a lucid interval : and the influence of these rational impressions, are in proportion to the diminished power of bodily disease, and the diminished power of habit ; that is, if I am able to make a rational impression upon my Patient to-day, so as to produce a lucid interval, the same will be more easy to-morrow, provided the bodily temperature remains the same, and the impression is equally strong and of equal novelty ; and in a state very far short of medical recovery in this disease, a constant succession of new and strong impressions, shall keep the Patient rational, and greatly conduce to permanent restoration. If we admit the brain to be the centre of nervous sensation, then,

“ My brain I'll prove the female to my mind,  
 “ My soul the father, and these two beget  
 “ A generation of still breeding thoughts,  
 “ And these same thoughts, people this little world.”

SHAKESPEARE.

We should distinguish betwixt thoughts and mind ; thoughts are the materials from which mind is made, but thoughts are involuntary, changeable, and un-



certain ; mind is, or should be, a permanent quality ; as a fixed mind, a firm mind, a good mind ; and this quality of the mind, depends upon the selection we make from our thoughts, of which it is composed ; for though we cannot command our first conceptions of thought, yet, while in a state of sanity, we have a power to suppress the suggestions of improper thoughts, and to profit by those that are good, and in this we are answerable as accountable beings.

“ Evil into the thoughts of God or man,  
 “ May come and go, so unapprov’d, and leave  
 “ No spot or blame behind.”

MILTON.

BÚt if we encourage the suggestions of evil thoughts, and act upon them, we are guilty of wickedness, and “ sin lieth at the door.” And so much are we the creatures of habit, that we should be careful how we indulge erroneous or visionary thoughts, though they are innocent ; for thoughts at first known to be erroneous, shall, by their frequent recurrence, acquire the force of truth : a known lie may be repeated till it is not thought a lie by the person who tells it ; and it may be necessary to divert our thoughts, and give them variety, though they are not visionary ; for, by their excess and sameness, they may become dangerous. We cannot do this by arguments of reason, or mental volitions ; that is, the effect of strong mental feel-



ings are not to be counteracted by the conceptions of thought that arise from argument, but by strong and opposite mental feelings, that is, we are to seek the means of new conceptions of thought. Were we to be seized with the feelings of terror, in consequence of standing upon the edge of a precipice, we don't get rid of those feelings by reasoning upon our safety, but we hurry from the place, and, by the power of new mental conceptions, dissipate our fears. Were it necessary that I should divert my thoughts from the study of Insanity, which is become a sort of passion of the mind, I must leave home, and the company of Lunatics, and induce a new train of thoughts, by the agency of new objects. So in our endeavours to counteract the erroneous thoughts of Lunatics, we are not to expect any thing but mischief, from the powers of argument, upon their particular hallucinations; all we can do is to promote a new train of mental images.

The most powerful organ of sensation is, no doubt, the sight; and the most effectual means of dispelling erroneous or troublesome thoughts, are obtained by mounting the top of a high hill, and looking round upon the different objects; a bounded prospect is oppressive to the nerves, and an unbounded prospect gives the most certain relief in nervous depression. The conceptions of thought vary with every turn of the eye, and the eye gives the most certain information of the strength of





mental disease; the eye commands too with the greatest force; I often find that a look will do more than I can accomplish by words; indeed our thoughts are a sort of visual images.

We find that when any one is absorbed in thought, that the eyes are fixed, and we cannot possibly keep up our attention to any object, if we suffer our eyes to wander: I think it, therefore, of the highest importance to have the advantage of an elevated situation, and the sight of a number of objects, in the cure of Lunacy.

When a particular train of thoughts have been long continued with intensity, and are met with bodily disease that causes an increased nervous excitement, it may produce Insanity of the maniacal kind; and the particular train of thoughts will become the hallucination.

If an increased nervous excitement produces Insanity without any previous mental anxiety, the kind of Insanity is generally phrenetic, or deliria; the former will, no doubt, be produced by a less exciting cause, from the former intensity of thought having weakened the power of the opposite mental conceptions, that were necessary to counteract the maniacal illusion. There are, therefore, two views that we may take of Insanity; one in which it is simply a symptom of bodily disease, and the other



in which physical disease has brought into action mental intensity, or mental perturbation, so as to produce actual derangement. The whole may be reduced to this, that Insanity consists in the power of erroneous conceptions of thought, which are occasioned by a morbidly increased nervous excitement, the effect of bodily disease; and that the cure depends upon strong and rational and opposite conceptions of thought being made upon an amended constitution: so that while a removal of the approximate cause of Insanity is a medical work, the removal of the disease itself, is a moral work; which should go hand in hand with the other.

I must admit that strong passions, long indulged, may conduce to Insanity, and indeed be the remote cause, but not actually produce it, without the concurrence of bodily disease: I am quite safe in this opinion, it being impossible to indulge any violent passion long, without its producing bodily disease; and I strongly suspect that the excess of all human passions take their tone very much from constitutional causes. A Medical Gentleman, that I know, tells it as a sort of standing joke, that Jalap and Ginger is a certain cure for love; it is possible, that he may say in this more than he intended; and that it actually would be found a very excellent medicine in the most hopeless cases of that passion. Still more seriously





should be taken the opinion of another Medical Gentleman, who asserts, that strong doses of Epsom Salts would prove an effectual antidote, to the intention of committing suicide; and upon this principle, I should consider Tincture of Jalap and Castor Oil, as an absolute specific for violent anger, and the thirst for revenge: and in truth, if, upon the accession of any violent passion, or great mental perturbation, smart purges were to be taken, the best effects might be expected from them; instead of which recourse is frequently had to the bottle for relief, and this aggravates the disease. But in admitting physical causes for the excess of human passions, we should be careful not to confound right and wrong, by the error of pleading physical causes as an apology to ourselves, for such excess; so long as we exhibit no symptoms of mental derangement, we are certainly accountable beings; and though we may rest assured, that a merciful God will not take cognizance of what is committed under the excitement of actual Insanity, provided such Insanity has not been brought on by our own wilful misdeeds; yet with respect to human jurisprudence, it is my opinion, that all who enjoy the privileges of society and its laws, should be equally amenable to its penalties; and I think it would be a mercy to Lunatics if the exemption from capital punishment in cases of murder were taken off; being well convinced that this well known exemption is the cause of the greater part of the



murders which Lunatics do commit ; and of others where the plea of lunacy is intended to be set up.— I had once some reason to suspect that a patient had a design upon my life ; which was afterwards confirmed by the following conversation betwixt us. “ Now, Sir, (says the Gentleman,) you and me are in very different situations, for if you were to kill me, you would be hanged for it, but if I were to kill you, I should not be punished at all ; for you know you keep me as a Lunatic.”

In answer to this, I said that the law gave me all the advantages, for that if I were to kill him, I should be able to prove to my Jury, that I did it in my own defence ; and should, therefore, meet with no punishment whatever, not even any confinement ; but that if he were to kill me, his being known to be my Patient, would prevent his own statement being attended to, and that he might be certain of being confined for the remainder of his life, in a cold dark cell, at Stafford Jail : this appeared to make the proper impression. The woman who lately escaped a capital punishment at Stafford, and who, it was proved, had killed two of her children, and it was reported had previously killed two others, had not the fear of God before her eyes when she did the deed, nor had she the fear of the gallows before her eyes ; or most likely the act would not have been committed ; she wanting this check to the first impulses to it : As for supposing she did not know right from wrong,

is the fact. Whether the Law was the  
whelmimg sense of her horrid crime, the  
d of its consequences. Here there has  
real Insanity I do not take on me





the Judge committed himself as to a knowledge of Insanity, by an application of the idea; Lunatics, such as she was, know right from wrong very well, but they act in defiance of such knowledge, hurried on by the strength of a particular train of mental suggestions, which require to be counteracted by opposite impressions equally strong. But the uncertainty of the law, where the proceedings merit no imputation of injustice, is proved, by the circumstance of a man suffering at Stafford for killing his children during a paroxysm of maniacal fury, when there might be supposed a total absence of reasoning; while another, for a similar act, in which there was discovered previous design and deliberate contrivance, escapes with imprisonment. In the case of Wright at Lichfield, there could be no doubt of his being quite unconscious of what he was doing at the time of committing the act.

In a former publication, I use the term latent Insanity, as applicable to those troubled with the excess of erroneous conceptions of thought, but who had never discovered to others any symptoms of the complaint: this is inadmissible, for that cannot be Insanity which has never discovered itself as such, though the term may apply very properly to those lucid intervals which real Lunatics exhibit. And so perfect are these lucid intervals, that it is absolutely impossible to judge of

at the time or accompanied with those symptoms which the medical writers term the latent Insanity, moving the mental state for purposes of the law.





the real state of Lunatic Patients, either by their words or actions, during the occasional visits of Physicians. The looks are the most to be depended upon, but even these do not give, at all times, certain information: the complaint being, in many instances, a complete intermittent, particularly in those cases where the existence, or non-existence, of the disease is made a question; as the presence of strangers, particularly of medical people, is the most likely thing possible to cause intermissions in the disease; and in others it is confined to one particular train of thoughts, while upon all others, the Patients are quite rational. In these, Insanity may be considered as latent, while the Patients appear rational: and we cannot judge of convalescence, by the state of the Patient at any particular time; for often, when near complete recovery, the violent and visionary paroxysms shall be as severe, as at any former period; but in a state of confirmed convalescence, the paroxysms will be less frequent, and of shorter duration. And in what is termed partial Insanity, or when convalescent, the Patient shall be able to counterfeit perfect Sanity, though the disease remains in a latent state, ready to break out so soon as restraint is taken off, or the motive for which the Sanity was assumed ceases. I have been deceived for three weeks; though suspecting that the looks betrayed Insanity, I took every method possible to be certain. Those, therefore, who take upon them to speak



decisively to the negative, in a question of Insanity, from occasional interviews, bespeak their ignorance of the nature of the complaint. To the affirmative we may speak, during the presence of the true symptoms; the leading features of which are, first, a rapid, raving delirium, in which the conceptions of thought appear too rapid and changeable for a distinct utterance, of the corresponding words; which have no connexion with each other; in a less degree of it, half sentences are given, time not being lent for perfect ones before the thought is changed; I have known those of this description, laugh, and cry, and pray, and swear, and all in less than the space of ten seconds; while some will rave for days and weeks together upon one subject. Another feature is, a total perversion of the affections, and of all common opinions; the nearest relations and best friends are become with them their worst enemies; their food is poisoned, and the world is ruined; and their very senses bring them wrong information: they are tormented with the most gloomy and groundless suspicions, labour under the most abject fears, and terrific apprehensions. Others fancy themselves afflicted with the most tormenting and incurable diseases; others contend that they have committed the most unpardonable sins. Some fancy themselves transformed into obnoxious animals, whom it would be proper to destroy; some seem constantly bent upon self-destruction, and fancy that their death is abso-





Intely necessary as a public good ; while others fancy that they are to suffer under the most unjust sentences, and constantly plead their innocence. Others mourn over their own afflictions, and ask every one that approaches them, whether it is possible for them ever to recover from their horrid state. Some vociferate from morning till night, and make all the noise possible ; others laugh, and dance, and sing, continually. Some fancy themselves Kings, Generals, or other great characters ; and many usurp the dignity of heavenly beings, and utter that which in others would be blasphemy. Some have an unconquerable propensity to steal, as a symptom ; others appear quite drivellers, and play with or conceal old rusty nails, remnants of cloth, or ends of thread or tape, as treasures of great value ; with them Tin is converted into Silver, and Brass into Gold. Some take every opportunity in their power, to tear to small pieces their clothes and bedcovering, to break the windows and furniture, and abuse all around them ; yet, at the same time, shall talk rationally, and, if asked their reason for such conduct, will say—They were compelled to do it, by something impressed upon their thoughts. Some are vindictively furious ; some insist upon it that they are betwitched, and some that they are haunted by demons, or wild beasts, that are ready to devour them : and the most troublesome symptom of all is, where the hallucinations approach so near to rationality, as to be



with difficulty distinguished from it; their friends have used them ill, and they have been worse treated than others of the family: and when, in truth, the mental disease is only an exaggeration of what really has been wrong. Some discover this disorder by an irresistible propensity to drunkenness, making of the most foolish bargains, and a total disregard of necessary economy; while others suffer under the most deplorable mental depression, and will sit for hours, and days, and weeks, and months, nay years, under the influence of settled melancholy; in which the fear of poverty, in the midst of plenty, is very common. Some complain of the most obstinate apathy having taken place of the most acute feelings. In a letter, now before me, which contains much good sense, and, I dare venture to assert, correct information as to bodily symptoms, the writer very gravely informs me, that he once had a soul, but that he has most unfortunately lost it. The last variety I shall attempt to describe, is that of nervous or mental Stupor, which most frequently follows over-excitement, and arises from what medical writers call collapse in the vessels of the brain; but it is sometimes a first symptom in the complaint; in which both the animal and mental functions seem locked up, the eyes appear fixed, the tongue bound; and the senses, as well as the limbs, refuse to perform their respective offices. In some cases, all the symptoms mentioned, and numberless others, are exhibited by

*State of  
Woman  
in the  
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43.*





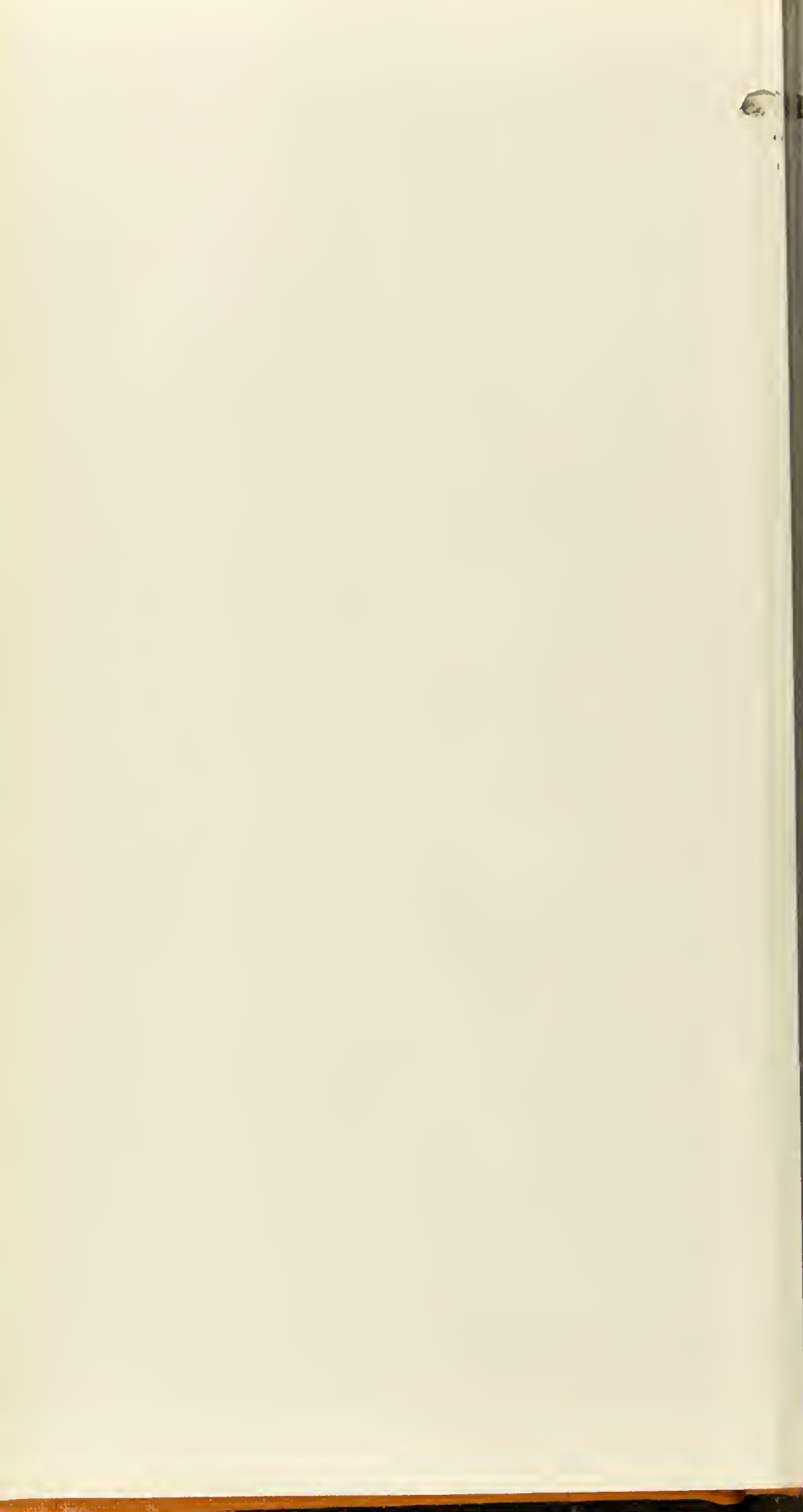
the same Patient at different times ; and phrenetic delirium and stupor, frequently alternate with each other. All of them may be referred to one cause, which is the power of morbid conceptions of thought, in which the use of reason is suspended, but not destroyed or injured ; for, under all of them, except those of stupor, I have repeatedly and constantly found, that a strong and opposite mental impression would, for a space, seat reason on her throne, and, for the time, suspend the powers of the particular hallucination. But supposing it to be an established fact, that mental derangement is only a symptom of bodily disease ; yet it does not follow that pathologists shall be able to designate that particular state of the constitution which shall certainly produce it ; for this may depend upon the concurrence of some latent affection, even in those disorders, that are with confidence assigned as the cause ; as we find the same disorders in others, without producing any mental affection : Organic Læsions of the brain are stated as a common cause ; yet Anatomists have frequently detected similar diseased appearances in the brain, where there had been no previous mental affection. A scorbutic habit has been supposed a very general cause ; and I have often been led to think, that the insipient diathesis of Insanity, and the irruptive state of Scurvy, were mysteriously opposed to each other ; and that the suppression of irruption by the injudicious use of repellents, a





very general cause ; it being well known, that the clearest and most rational mental conceptions often attend the most deplorable state of Scurvy ; and I have known many cases of Insanity, that followed immediately after the disappearance of scorbutic irruptions. My Physician tells me, that he has lately had a scorbutic Patient, in whom the lucid and insipient state of mind alternated ; the former being accompanied by an irruption, and the latter by its suppression. But scorbutic habits are too common, for any thing relating to it to be stated as a certain cause ; so paralytic affections often commence with mental affections, and the former is supposed the cause of the latter ; but paralytic affections frequently occur, without any mental affection ; and I have had a case where they commenced together, and the first stroke of the palsy went off, leaving the Insanity, but was followed by a second severe stroke ; after which the Insanity went quite off, leaving the palsy, which remains.

Liver diseases, gout, intoxication, constipation of the bowels, worms, indigestion, determinations of blood to the head, inflammatory diseases, languid circulation in the lower extremities, suppression of insensible perspiration, female obstructions, and other causes, have been assigned for Insanity ; all of which have occurred ten thousand times, without being accompanied by that complaint. I think it of the first importance to state, however, that I have so uniformly found that the



complaint had been preceded by a costive habit, that I have been led to assert, repeatedly, that no case of actual Insanity ever took place, where the alvine secretion had been properly attended to: and, indeed, I have found so often, that keeping up an opposite habit, with proper moral treatment, was sufficient to the cure, that I have considered purgatives, judiciously administered, as certain specifics in recent cases, as far as medicine went. But it must be acknowledged that such is the power of habit in the human mind, that what was at first only symptomatic, may, by delay, become idiopathic; or the long continuance of mental disorder, may induce new physical disorders more obstinate, and even incurable. Certain it is, that delay, in this complaint, is often most fatal; and in every instance renders the cure more tedious and difficult. I don't care what has been done to my Patients previously, if they are left with a fair chance for life, provided there has been no great delay; being well assured that cases, giving the chance as twenty to one in favour of recovery, during the first two months, shall, by the delay of twelve months, reduce the chance of recovery to ten to one against it; yet Keepers of private Mad Houses can expect none but confirmed, aggravated cases, in which delay has done injury.

Intending to copy a number of minutes of particular cases, in which the medical treatment will be unfolded, it is not necessary to dwell upon it in







this place ; and, after saying that all that can be expected from the use of medicine is to counteract the effect of morbid bodily symptoms, little will be expected. I never think of invading the province of the Physician or Surgeon, further than the management of those symptoms that appear common to all : these are a weak digestion ; a torpid state of the bowels ; a languid circulation in the lower extremities ; a diminished insensible perspiration, and female obstructions. The treatment of these is obvious ; but must observe, that it is the long habit of them, that is required to be corrected, by a gentle alterative system, and not by any violent measures, which, by increasing nervous irritability, do injury. Great determinations of blood to the head are a common symptom ; but they sometimes depend upon causes that require the discrimination of medical skill. For myself, I have most generally thought them to be owing entirely to a torpid state of the bowels, particularly when attended with a diminished arterial action ; be that as it may, I have repeatedly found the arterial action to increase, the accumulations of blood in the head to subside, and the maniacal symptoms to abate, by the use of purges alone ; and, indeed, I have invariably found purgative medicines most necessary, and most efficacious, where there was a low pulse ; and with this symptom, the Warm Bath is particularly indicated along with purgatives, but it should never be used with the bowels in a



costive state. And of all symptoms that require to be attended to, by a person in my situation, certainly the keeping the bowels open is of the most consequence, particularly in melancholy cases; without this nothing can be done, and with it every thing may be done that can be expected from the use of medicine. Indeed I have always found it necessary to give laxative medicines, more or less, in every case; but I give medicines regularly, with a view to a moral effect as well as a medical one. I would have all my Patients understand that there is a cause for their being put under my care; and, as they will seldom admit that they have any mental complaint, I have only to persuade them that they have a medical disease, requiring the use of medicine, change of air, a strict regimen, &c. and the term nervous affection answers the purpose perfectly, as being understood by none, and yet in every one's mouth: All take a draught of mild bitters, the first thing in a morning, and two pills at night: the draught is intended to act as a gentle tonic or stomachic, and the pills are generally sufficient to keep the bowels a little active; they are in the habit of it, and the draught and pills serve as a vehicle for any other medicine that it may be necessary to exhibit, without giving alarm to the Patient, or any additional trouble to the Keepers, and prevents their being forgot or neglected. In the regimen, salt meat, cheese, heavy suppers, fermented liquors and spirits, are prohibited; in





other respects they live as I do myself, except in cases requiring a particular regimen. But, in my medical opinions, I have the greatest cause for humility; and had I explored the whole arcana of Physic, I should still think myself not justified in dispensing with other medical advice, in many cases: as it is, I feel grateful for instruction, particularly for the opinion of the medical attendants of the families of my Patients, who are acquainted with their former habits and constitutions; and to such I have no concealments. But in the moral treatment, merely as an experienced Keeper, I ask for no other opinions; for, to use the words of a Patient, I feel that my own are right. If these opinions, freely declared as they have been, and will be to the utmost of my power, should have a tendency to injure the pecuniary-interests of those who make money by mere keeping of Lunatics, without doing their best to recover them from that dreadful state, I cannot be sorry. I hope and trust that there are many bright-exceptions to any thing wrong in the conduct of those who are in this troublesome line of life; but I know of those who are not exceptions; I know of one who has acquired a very large fortune as the Keeper of a Mad House, that has but very slender claims to the character of common honesty,—certainly none to that of humanity,—whose ignorance is his best excuse for any thing wrong in his conduct, and who is so illiterate as not to be able to read and





understand, what is here written. I know of another, who, to use a mercantile phrase, makes a very good thing of keeping a mad house ; that does not live with his patients, but leaves them to the care of servants. Can this man do his duty? As well might a Wellington depute his charge to a subaltern in the day of battle. If those deputed are equal to their situations, then they ought no longer to be servants, but masters ; for, as servants, they cannot be so useful, as they might be, as masters. In what I have boldly asserted, both to the Select Committee of the House of Commons, and to a number of individuals of the Legislature, I don't know that I can have any interested views to answer : I have been fully convinced that a very important change, in the general treatment of the insane, is imperiously wanted ; and this change I both have, and will, as the means are lent me, use my best endeavours to procure, without any regard of the consequences to myself. And in what I have to relate as examples of proper moral treatment, I should consider myself as guilty of trifling egotism, were it not a notorious fact, that, in the general treatment of the insane, a small proportion only recover, and that in the treatment I recommend a very large proportion recover ; but I am almost ashamed to insist upon it, from its being so simple and so open to the dictates of common sense, that I cannot help suspecting that to recommend it is unnecessary : and, indeed, in the best moral treatment, the necessity



of active amusements, in a pure open air; or regular employment, as a means of diverting the thoughts, by new and rational impressions of the pleasurable kind, is so plain and obvious, that their total neglect, in public asylums, is a national disgrace. The great point is, to give full effect to the lucid intervals, and to promote such intervals as much as possible. Insanity is an intermittent. During the paroxysms of fury, or violence, the patients must, for their own sakes, be made secure; but no personal fears of the keepers should dictate a single movement: if they feel in the least timid, they are totally unfit for their office. Whoever are inclined to consult their own personal safety, as a first consideration, have no business as keepers of mad houses at all: it is a life of labour, trouble, anxiety, and risk; but there are those who make this line of life their election, as well as many that become soldiers by choice; but if either a soldier, or the keeper of a mad house, shrinks from his duty, from personal fear, he is a swindler, that obtains money under false pretences. Every abatement in the violence of the paroxysms should be followed by abatement in the coercion. Certainly, authority and order must be maintained, but these are better maintained by kindness, condescension, and indulgent attention, than by any severities whatever. Lunatics are not devoid of understanding, nor should they be treated as if they were; on the contrary, they should be treated as rational.





beings. I have just been walking with a Patient, who is under no personal restraint, and we are upon the most amicable terms; yet four days ago he would have killed me, if in his power, under the impression that I kept in confinement his dear friend, the Prince of Wales; nor do I at all expect that he is permanently recovered. There is at this moment, a woman assisting in the kitchen, in a confirmed state of convalescence, who has, scores of times, nay, I may safely say, more than a hundred times, been in a state of the most furious raging madness one day, and the next has been nursing my infant children. There is a man at this moment at play with the children, without restraint, who, in a most violent fit of fury, was with the utmost difficulty secured by myself and Keeper a few days ago; and I have not the least reason to suppose, that he is free from danger of returns of these paroxysms of rage. There are two women now assisting the laundry maid, who were both yesterday in a state of raging madness, and most likely will be in the same state to-morrow: they are both extremely bad cases, and their recovery doubtful, but this is the only way to give them a chance; for I am certain, they would have no chance were they to be kept constantly confined. I have frequently men Patients that assist in the garden during their lucid intervals, who, at other times, are from necessity kept in close confinement. I have a lady in the room with me, who is now



employed in clearing away the breakfast things, that will most likely be in a fit of madness before night; I fully expect it, from her looks at breakfast. I had a man brought to me six weeks ago, bound hand and foot, and represented as extremely dangerous. Before it was possible for him to be permanently recovered, he assisted day after day in hay-making: he returned to his family, apparently quite well, a week ago. It is a favorable circumstance when they are brought bound, or in chains; for, in that case, the first thing I do, is to set them at full liberty; and to tell them that they are always to continue at liberty, unless they behave ill. This never fails to make a proper impression, and, in many instances, has rendered coercion unnecessary. I never sit at table without a number of Lunatics on each side of me; I treat them exactly as I should do if they were not afflicted with that disease, and, in return, they almost uniformly behave as if nothing was the matter with them; for the scene before them, by keeping up their attention, produces a rational interval.

I treat my Patients as rational beings in another particular; a particular that has, I find, brought upon me a charge that I but little merit, and that is, all of them that are in a state for it, attend every evening the reading a portion of scripture, singing an evening hymn, and the repeating a short prayer; and it is astonishing how little we are in-

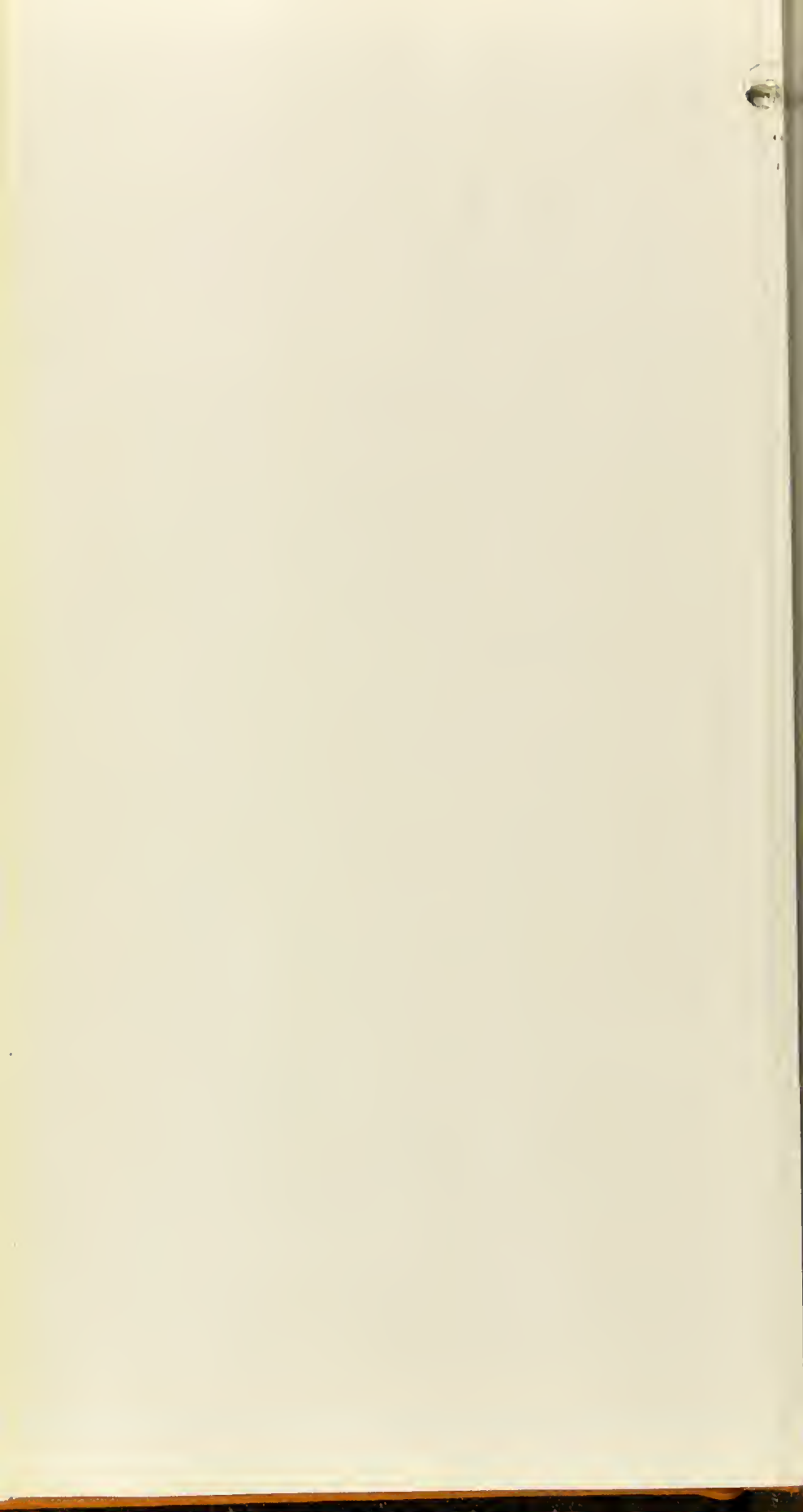




interrupted, considering that many who attend have just come from a noisy raving state, and some who were only brought into the house bound hand and foot the same day : the cause is plain ; the thing makes a strong and rational impression. The good effects of this practice have been strikingly obvious, nor did I ever see a single instance where it appeared to do injury.

Since I wrote the above, a man attended evening prayers, was quite orderly, and was our great support in singing the hymn, who, yesterday and the day before, was in a state of raging madness, making the loudest noise, and tearing every thing that he could get hold of, so that we were obliged to take every thing from him, but straw to lie upon. This morning he was calm ; of course he got up, was washed and dressed, and appeared in his right mind, has been out for some hours in the walks, and is now reading the account of Buonaparte being taken to some other patients: not at all unlikely he may be in his room again to-morrow, in an equally bad state. Some of the male Patients, who have a propensity to make their escape out of the walks, it is necessary to secure, by a small lock to each ankle, connected by links, so that they can only take short steps ; but these are occasionally removed, long before it is safe to discontinue their use altogether. There are some for whom the strait waistcoat is absolutely necessary at times, as





a means of preventing their doing injury to themselves or others; yet during the intervals of such coercion being unnecessary, they frequently take excursions for several miles round to view what is most attractive, and occasionally attend church without any restraint, but what my presence or the presence of Mrs. Bakewell imposes; and this long before the strait waistcoat is entirely put out of use. Indeed the occasional enjoyment of liberty seems quite necessary to complete recovery; they are put by it upon using their best endeavours to suppress the returns of the paroxysms, as well knowing that they are attended with an abridgment of liberty; so that the moral treatment becomes a sort of moral discipline. The great difficulty of my situation is, to be fully aware of the approach of dangerous paroxysms. There is little to be apprehended while amusement or employment is kept up; but when all are confined to the House by bad weather, more caution is necessary, and a stricter regard to classification. And though my numbers have seldom been as high as twenty-five, yet they have the use of no less than five different day-rooms; for a few Patients may be associated so as to be no disadvantage to each other, but rather otherwise: yet I never could find that this could be carried farther than five or six in a room, without an increased trouble in attending to them. I consider solitude as the worst state they can possibly be in; still, while they are rude,



it is unavoidable ; but so soon as they are a little better, I prefer their sleeping in double bedded rooms, but never, on any account, two in a bed ; and I take particular care that one of the two, in each room, is a person I can confide in ; and the other is made fast to the bed, by one hand being locked to a small chain, or the use of the strait waistcoat. I never had a single instance of one Patient doing injury to another ; and their morals are, in every respect, strictly attended to. Myself and Keepers, who have to attend to the worst Patients exclusively, have hitherto escaped with a few bruises and slight wounds ; and though sometimes my nights are restless, yet it not unfrequently happens that my house is as quiet and still during the night, as any house in the parish. In two unfortunate cases, the propensity to self-destruction terminated fatally : in both instances they had been freed from any restraint, under the opinion of their being sufficiently recovered to enjoy full liberty ; and both were in contemplation of returning home. In four cases of Patients being removed by their friends against my advice, and evidently before they were fit for liberty, they effected their purpose at their own houses ; and I suspect a fifth case of the same kind. One attempt was prevented by a fellow Patient, and another by the fearless conduct of two servant girls, who resolutely took from a stout man, a knife which he had snatched up, evidently for the purpose of mischief to himself.





I will conclude with a summary of the success in one private Hospital, and four public ones, followed by a List of the Patients I have had under my immediate care at this place ; and a few remarks upon some of the cases, being copies from private memorandums. It may be proper to premise, that public Hospitals, admitting Patients free of expense, or at under-rates, have great advantages in admitting easy and recent cases. At private Mad Houses, where full pay is taken, none can be expected but the most confirmed, aggravated cases ; and this is proved by the small proportion of females admitted at Spring Vale, being only half the number of males, for females may be better managed at home ; therefore the expense is not incurred. At St. Luke's, the number of females admitted in proportion to the males is as fifteen to eleven.

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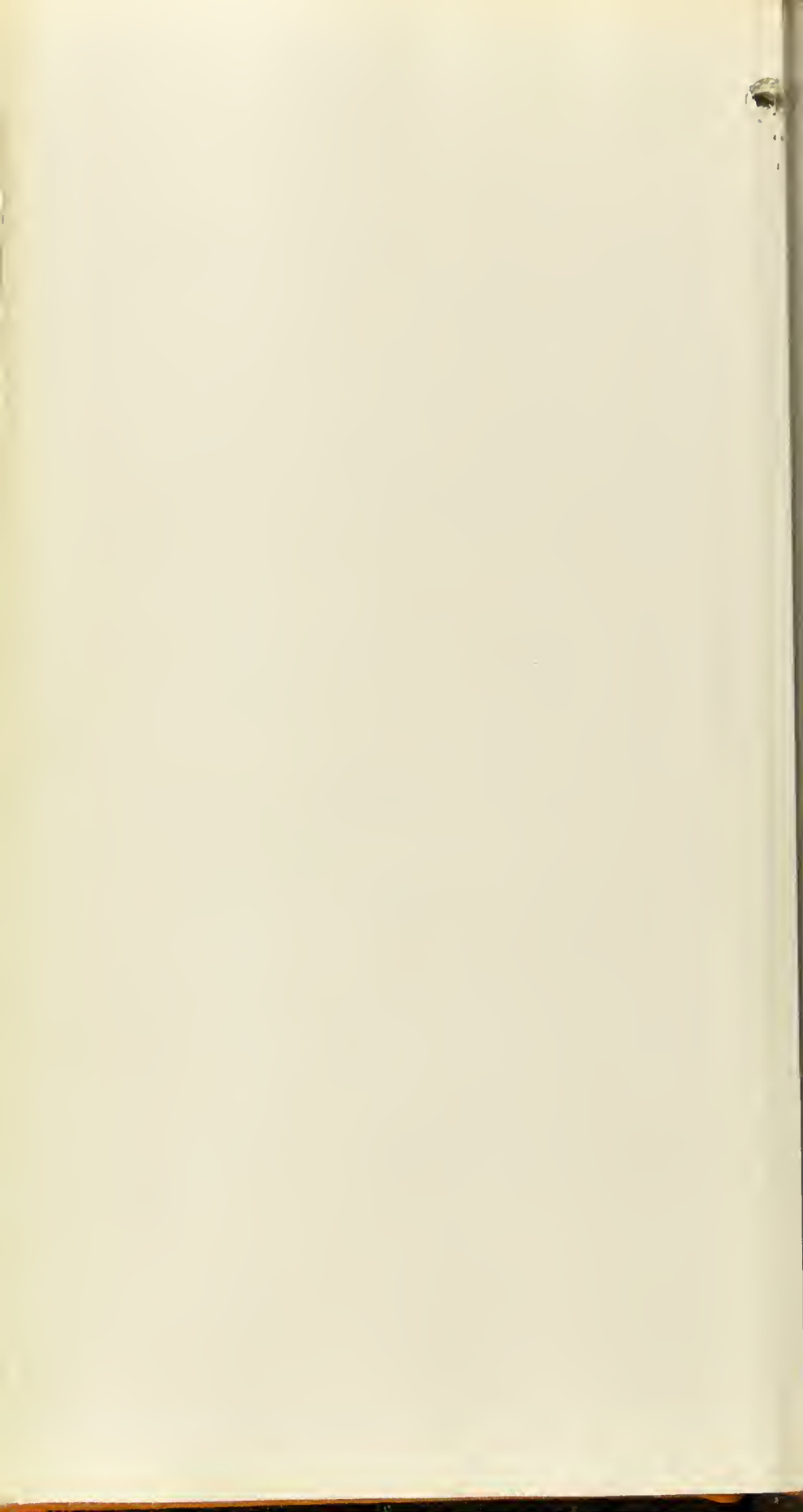
*Whole number of Patients admitted at Spring Vale in six years and nine months, commencing the 1st October, 1808, and ending the last day of June, 1815 :*

Males, married, 41—Single, 61 — 102

Females, married, 23—Single, 28 — 51

— 153

Of these, seventy-three were recent cases, or such as had not been afflicted more than two months at the time of admission ; sixty were old cases, or such as had been bad from two months to two years at the time of admission ; and twenty very old



cases, or such as had been deranged more than two years at the time of admission ; say—

Recent cases, - - - -	73	Old cases, 60	Very old, 20
Recovered, - - - -	64	— 20	— 2
Removed, many convalescent, 4	— 15	— 10	
Dead, - - - -	3	— 9	— 1
Remain in the House, - -	2	— 16	— 7

N. B. My statement before the Committee of the House of Commons, I find was somewhat incorrect, though not intentionally so.

Whole number recovered, - - - - 86

Removed, many in a convalescent state, 29

Dead, - - - - - 13

Remain, hopeful of recovery, - - - 12

Ditto, doubtful, - - - - - 6

Ditto, given up as incurable, - - - 7

—153

Of those stated as removed a few recovered afterwards completely.

*Admitted at the Retreat in sixteen years and three months :*

Males, married, 18—Ditto, single, 49 — 67

Females, married, 15—Ditto, single, 67 — 82

—149

Recent cases, - - - - 61—Old cases, 88

Recovered, - - - - 40 — 16

Removed, many convalescent, 4 — 14

Dead, - - - - 7 — 19

Remain in the House, - - 10 — 39

Whole number recovered, - - 56

Removed, - - - - 18

Dead, - - - - 26

Remain, - - - - 49

—149



*Admitted at Bethlem in ten years :*

Of both sexes, recent cases, - -	1664
Of whom recovered, - - - - -	574
Discharged uncured, dead, &c. -	1090
	<hr/> 1664

*Admitted at St. Luke's in one year :*

Recent cases, Males, 110—Females, 153.	Total, 263
Discharged cured, Males, 37—Females, 71	108
Ditto uncured, Males and Females, 100	} 155
Dead, and unfit, various causes, - -	
	<hr/> 263

*Admitted at the Hospital de la Salpetriere, in France, in three years :*

Male and Female, - - - - -	1002
Being 388 old cases, and 614 recent cases.	
Of these, recovered, - - - - -	473
Remaining in the House, dead, and removed,	529
	<hr/> 1002

Thirty-four have been admitted at Spring Vale, that could not have been admitted at Bethlem or St. Luke's, on account of their being old cases, or diseased in body; and it appears that none of those called old cases at the Retreat, 88 in number, could have been admitted at those places, for a like reason. The Master of one of these large Asylums confessed to me, that, of those Patients who were discharged as cured, great numbers were, in fact, not recovered: they were only brought into a calm state. This I can well believe; for, to use the words of one of my own Patients,—“How can the mind regain its rational powers, if it is not rationally exercised?” And how can the mind be rationally exercised, in a state of close confinement? Credit may be given for more complete



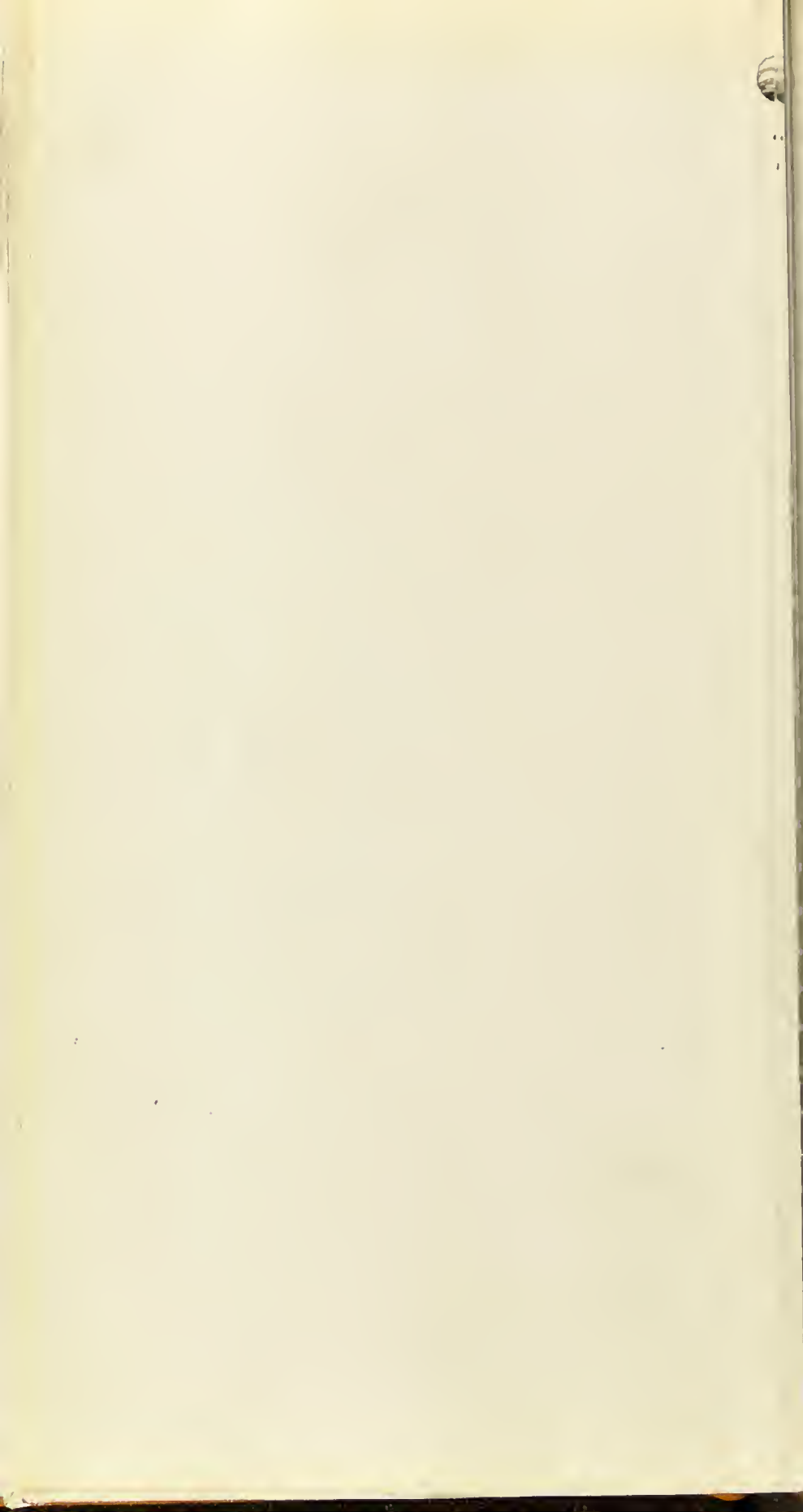


recovery at the Retreat; and as they call those cases recent which have not continued longer than twelve months previous to admission, it must appear that the chances for recovery stand very fair at that Institution, but in a much longer time than seems necessary; for even of the recent cases, eighteen months is the average time of remaining in the House, for those that recover: at Spring Vale it is only four months, and I always considered twelve months as quite sufficient for trial of cure in recent cases; and even old cases, I should consider as incurable, if no convalescence appeared in twelve months.— I have had, it is true, two unexpected recoveries at the end of two years; but one of these relapsed in about two years after, and remains bad; and the other has only recovered lately.— The chances of recovery for recent cases, at the respective Institutions mentioned, appear to be nearly as follows:

At Spring Vale,	8 out of every 9, in the average of 4 months	} With a chance of other recoveries
At the Retreat,	8 out of every 12, in the average of 18 months	
At Salpêtrière,	8 out of every 17, time not mentioned	
At St. Luke's,	8 out of every 20, in 12 months,	
At Bethlem,	8 out of every 23, in 12 months,	

Of Salpêtrière I know nothing. At Bethlem, the moral and medical treatment, we will say nothing of; but I cannot think that any thing is wanting either in attention, or humanity, at St. Luke's. I have too high an opinion of the Master there, for any doubt of the kind; but he is fast to a system of close confinement, in the midst of a town, and a state of idleness, and nothing can be worse. At the Retreat, their ideas of moral treatment appear most excellent, and the situation is admirable; but they seem quite deficient in medical treatment. I would most seriously advise them to purchase their Epsom Salts by the hundred weight, instead of the single pound; and not expose themselves to ridicule, by recommending full, heavy suppers, as a means of procuring balmy sleep for Lunatics: something different this, to the sleep of our first parent in a state of innocence;

“For his sleep  
“Was airy, light, from pure digestion-bred,  
“And temperate vapours bland.”



# IN THE ANNEXED TABLE,

The Letter v. stands for very or violent; tem. for temperate; int. for intemperate; Ra. for Raving; P. for Phrenetic; Ill. for Illusive; M. for Melancholy; S. for Stupor; Id. for Idiot; R. for recent; and O. for old.

No. of Patients.	Male or Female.	Married or Single.	Age.	Temperate or intemperate.	Phrenetic, or other kind.	Recent, old, or very old.	Time in the House.	Result.	No. recovered.
1	M	M	47	v. int.	P. & Ra.	R.	6 weeks	recovered	1
2	M	S	60	int.	Ra.	R.	6 weeks	{ removed, convalescent	
3	M	S	23	tem.	Idiot.	O.	6 months	recovered	2
4	M	S	21	int.	P.	R.	6 months	recovered	3
5	M	M	29	v. int.	P.	R.	1 week	recovered	4
6	M	S	36	v. int.	Ra. & S.	R.	6 months	recovered	
7	M	M	47	v. int.	P. & Ra.	V. O.	18 months	remains	5
8	M	S	40	v. int.	P.	R.	2 months	recovered	6
9	M	S	25	tem.	P. & S.	R.	6 months	recovered	7
10	F	M	40	tem.	Ill.	R.	2 months	recovered	
11	F	S	60	v. int.	P.	V. O.	2 years	{ removed, improved	8
12	M	S	30	v. int.	V. P.	R.	2 months	recovered	9
13	F	S	15	tem.	Idiot.	O.	6 months	recovered	10
14	F	S	35	int.	S.	V. O.	6 years	remains	11
15	F	M	21	int.	P.	R.	2 months	recovered	
16	F	M	41	tem.	P. & Ill.	O.	18 months	recovered	
17	F	M	55	int.	Ill. & P.	O.	5 months	recovered	
18	M	M	56	v. int.	Ill.	V. O.	6 years	remains	
19	M	M	61	tem.	Ill.	V. O.	6 months	recovered	
20	M	M	45	int.	Ill. & P.	V. O.	7 months	dead	12
21	M	M	49	v. int.	P.	R.	6 weeks	recovered	
22	F	M	55	tem.	Ill.	V. O.	6 months	recovered	13
23	M	S	24	int.	P.	R.	4 months	recovered	14
24	M	M	47	int.	P. & Ill.	R.	7 months	recovered	
25	M	S	31	v. int.	P. & Ill.	O.	3 months	dead	15
26	M	S	35	int.	P.	R.	3 months	recovered	16
27	F	M	41	tem.	P.	R.	2 months	recovered	
28	F	M	50	v. int.	P.	O.	6 months	recovered	
29	M	M	38	v. int.	Ill.	O.	6 months	dead	17
30	M	S	28	v. int.	P.	R.	15 months	recovered	18
31	M	M	30	tem.	P.	R.	10 weeks	recovered	
32	M	S	50	int.	Ill.	O.	5 years	remains	
33	M	S	54	v. int.	P.	R.	2 years	dead	
34	M	S	40	v. int.	Ill.	V. O.	2 years	recovered	19
35	F	S	42	tem.	P.	R.	9 weeks	recovered	20
36	M	S	34	v. int.	Ill.	R.	3 months	recovered	21
37	M	S	36	v. int.	Ill. & P.	V. O.	2 years	recovered	22
38	M	M	53	tem.	P. & M.	O.	1 year	recovered	
39	M	S	25	int.	P. & Ill.	O.	3 months	{ removed, convalescent	
40	M	M	28	tem.	Ill.	R.	1 month	recovered	23
41	M	M	58	v. int.	Ill.	R.	2 months	recovered	24
42	M	M	57	int.	Ill.	O.	5 months	recovered	25
43	F	M	23	tem.	P.	R.	6 weeks	recovered	
44	M	M	50	tem.	P. & Ill.	R.	3 months	recovered	
45	F	S	40	tem.	P.	R.	6 weeks	recovered	26
46	F	S	39	int.	Ill.	V. O.	2 years	recovered	





TABLE.

No. of Patients.	Male or Female.	Married or Single.	Age.	Temperature or in-temperature.	Phrenetic, or other kind.	Recent, old, or very old.	Time in the House.	Result.	No. recovered.
47	M	M	40	Int.	Ill.	O.	4 years	remains	
48	M	M	45	v. int.	P. & Ill.	V. O.	1 year	removed	
49	F	S	25	tem.	P. & Ill.	O.	6 months	recovered	27
50	M	M	32	int.	P. & Ill.	R.	1 month	recovered	28
51	F	S	19	tem.	P. & Ill.	O.	18 months	dead	
52	F	S	35	tem.	Id. & P.	O.	3 months	dead	
53	M	M	46	v. Int.	Ill.	R.	5 weeks	recovered	29
54	M	M	51	v. Int.	P.	R.	4 months	recovered	30
55	F	M	30	tem.	P.	R.	3 months	recovered	31
56	F	M	27	tem.	P.	R.	6 months	recovered	32
57	M	S	50	v. int.	Ill.	R.	2 months	recovered	33
58	M	S	37	v. int.	Ill.	O.	6 months	recovered	34
59	M	M	29	tem.	Ill.	R.	3 months	recovered	35
60	M	S	37	v. int.	Ill.	V. O.	12 months	removed	
61	F	S	30	tem.	P.	O.	5 months	recovered	36
62	F	M	60	tem.	P.	R.	2 months	recovered	37
63	F	M	36	tem.	Ill.	V. O.	7 months	removed	
64	M	S	27	int.	P. & Ill.	R.	4 months	recovered	38
65	M	M	60	tem.	Ill. & M.	O.	6 months	recovered	39
66	F	S	40	tem.	Ill.	O.	12 months	removed	
67	F	S	32	tem.	Ra. & Ill.	R.	6 months	recovered	40
68	F	M	59	int.	Ill. & Ra.	O.	12 months	recovered	41
69	F	M	37	tem.	P.	R.	6 months	recovered	42
70	M	S	27	tem.	P.	R.	5 months	recovered	43
71	M	M	54	int.	P.	O.	10 weeks	dead	
72	M	S	22	tem.	P.	R.	6 months	recovered	44
73	M	M	35	tem.	Ill.	O.	2 months	recovered	45
74	M	M	32	int.	P.	R.	5 weeks	recovered	46
75	F	M	39	tem.	V. P. & Ill.	R.	4 days	dead	
76	M	S	24	tem.	S.	R.	6 months	recovered	47
77	M	M	32	tem.	V. P.	R.	9 weeks	recovered	48
78	M	M	30	int.	Ill.	O.	1 year	recovered	49
79	M	S	22	int.	P. & Ill.	R.	6 months	recovered	50
80	M	S	21	tem.	S.	R.	6 months	recovered	51
81	M	S	38	v. int.	P.	O.	6 months	recovered	52
82	F	S	40	tem.	V. P.	R.	6 months	recovered	53
83	F	S	46	tem.	P.	O.	2 years	recovered	54
84	F	S	53	tem.	Ill.	O.	2 years	remains	
85	M	M	40	tem.	P. & Ill.	O.	3 months	removed	
86	F	S	45	tem.	M.	O.	6 weeks	dead	
87	F	M	47	tem.	P.	O.	4 months	recovered	55
88	F	S	23	tem.	P.	O.	1 year	recovered	56
89	M	M	42	iot.	Ill.	R.	1 year	recovered	57
90	F	S	38	tem.	P.	R.	9 weeks	recovered	58
91	F	S	25	tem.	Ill. & S.	R.	6 months	recovered	59
92	M	S	25	iot.	P.	O.	4 months	remains	
93	F	M	44	int.	Ill.	O.	6 months	removed	
94	F	S	24	tem.	P.	R.	3 months	recovered	60
95	M	S	25	int.	P.	R.	4 months	recovered	61
96	F	M	46	tem.	M. & Ra.	O.	6 months	recovered	62
97	F	S	50	v. lot.	P. & Ill.	O.	3 months	removed	
98	M	S	26	tem.	M.	R.	6 weeks	removed	
99	F	S	60	tem.	P. & Ill.	R.	5 months	recovered	63



TABLE.

No. of Patients.	Male or Female.	Married or Single.	Age.	Temperature or in-temperature.	Phrenetic, or other kind.	Recent, old, or very old.	Time in the House.	Result.	No. recovered.
100	M	M	29	tem.	P.	R.	5 weeks	recovered	64
101	F	S	29	tem.	Ill.	O.	15 months	remains	
102	M	S	60	int.	P. & Ill.	V. O.	1 year	dead	
103	F	S	40	tem.	Ill. & Pa.	O.	2 years	remains	65
104	F	M	30	tem.	P.	R.	4 months	recovered	
105	F	M	35	tem.	P. & Ill.	O.	12 months	recovered	66
106	M	S	16	tem.	Ill.	O.	3 months	removed	
107	M	M	24	int.	Ill.	R.	2 months	recovered	67
108	M	S	48	tem.	Ill.	O.	6 months	dead	
109	M	M	26	tem.	M.	R.	3 months	recovered	68
110	M	S	38	v. int.	Ill.	V. O.	9 months	removed	
111	M	S	32	v. int.	P. & Ill.	V. O.	15 months	remains	69
112	F	M	44	tem.	V. P.	O.	6 months	dead	
113	M	S	30	tem.	Ra. M.	R.	10 months	recovered	70
114	M	S	22	int.	P.	K.	3 weeks	recovered	
115	M	M	21	tem.	Ill.	O.	15 months	recovered	71
116	M	S	42	int.	Ill.	O.	10 weeks	recovered	
117	M	S	60	tem.	Idiot.	V. O.	9 months	remains	72
118	M	S	22	tem.	Ill.	V. O.	2 months	removed	
119	M	S	32	int.	P.	O.	5 months	removed	73
120	M	M	45	tem.	S.	O.	4 months	removed	
121	F	M	60	tem.	M.	O.	5 weeks	removed	74
122	M	S	40	v. int.	P.	R.	3 weeks	recovered	
123	M	S	30	v. int.	V. P.	R.	1 week	recovered	75
124	M	S	19	tem.	Ill.	O.	3 months	removed	
125	F	S	25	tem.	P. & Ill.	O.	5 months	recovered	76
126	F	S	55	tem.	Ill.	R.	9 months	remains	
127	F	S	45	tem.	Ill.	O.	9 months	dead	77
128	M	M	41	v. int.	P. & Ill.	R.	3 weeks	recovered	
129	M	S	34	v. int.	Ill.	O.	6 months	removed	78
130	M	S	23	tem.	M.	R.	6 months	recovered	
131	F	S	58	tem.	P.	R.	3 months	recovered	79
132	M	S	30	int.	P.	R.	3 months	recovered	
133	M	S	46	tem.	M.	R.	3 months	recovered	80
134	M	S	28	tem.	P.	R.	3 months	recovered	
135	M	S	30	tem.	P.	O.	5 months	remains	81
136	M	S	30	tem.	Ill.	O.	5 months	recovered	
137	F	S	40	tem.	P.	O.	4 months	remains	82
138	M	S	26	tem.	Ill.	O.	4 months	remains	
139	M	S	25	tem.	Ill.	R.	1 month	recovered	83
140	M	M	30	v. int.	P.	R.	4 days	recovered	
141	F	M	24	tem.	Ill.	R.	3 months	dead	84
142	F	M	45	tem.	P. & Ill.	R.	3 months	remains	
143	M	M	65	tem.	Ill.	O.	3 months	remains	85
144	M	M	54	int.	Ill.	R.	2 months	recovered	
145	M	S	25	tem.	Ill.	O.	2 months	remains	86
146	M	M	40	tem.	P.	O.	1 month	removed	
147	M	M	32	tem.	Ill.	R.	5 weeks	recovered	87
148	M	S	24	tem.	Ill. & P.	O.	2 weeks	removed	
149	F	S	45	tem.	Ill.	O.	1 month	remains	88
150	F	M	56	tem.	Idiot.	V. O.	1 month	remains	
151	M	S	46	int.	Ill.	O.	4 weeks	remains	89
152	M	S	42	v. int.	Ill.	O.	4 weeks	remains	
153	M	S	40	v. int.	Ill.	V. O.	1 month	remains	90
154	M	S	40	v. int.	Ill.	V. O.	1 month	remains	





## A G E S.

Under 20	- - -	4
From 20 to 30	-	40
30 to 40	-	39
40 to 50	-	40
50 to 60	-	19
Above 60	- - -	11

— 153

Such as had previously been of temperate habits 86

Such as had been intemperate - - - - - 32

Very intemperate or constant drunkards - - 35

— 153

Nine only were of a full habit of body, so as to require depletion, and about a hundred evidently requiring nourishing food, and raising as a first step; and a great part of those that went away recovered, left of a much fuller habit than they came in.

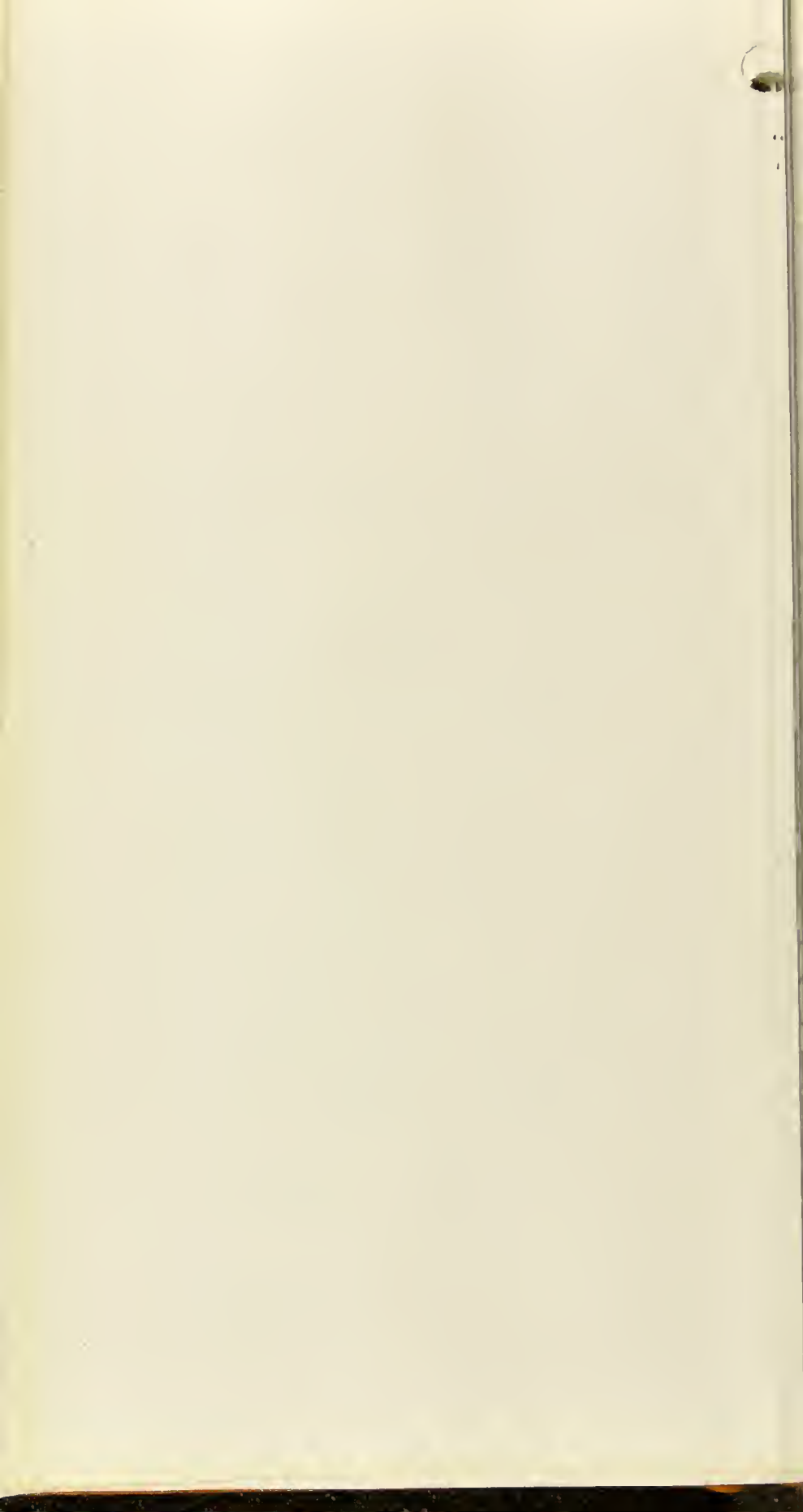
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In the following selection of forty cases, I have considered what might be most interesting to my readers, and have rather consulted their patience, upon a repulsive subject, than my own credit, which, I flatter myself, would have led me to transcribe the whole, or at least many that are omitted, which I call easy, and that got well as a matter of course.

*No. 1.—Male, married. Age, 47.*

A very stout, robust made man, but of weak, irritable nerves, low fluttering pulse, strongly hereditary; had been confined under the same complaint three times before, eleven weeks, thirteen weeks, and twenty-one weeks; extremely visionary, and at times raving mad; but had, from the first, lucid intervals.





Treatment—kept his bowels open, with a gentle tonic ; was much out in the open air ; was much with him myself. Could at any time procure a lucid interval, by the mention of my relation, Bakewell the Cattle Breeder, or the talk of cattle. It was highly amusing to see him play at draughts, at which he was a good hand ; for he appeared to have some acquaintance in the room with him, who chose to be invisible to any one else, and with whom he held a side conversation betwixt every move. He recovered completely in six weeks ; relapsed in eighteen months ; was again under my care six weeks, and recovered again ; and relapsed in about two years, and was with me thirteen weeks, and has since remained well, as I hear, about three years. A most intelligent, pleasant companion, during his lucid intervals, while at the worst.

*No. 2.—Male, widower. Age, 60.*

Nervous excitement, restless, visionary ; pulse variable ; constantly raving ; costive habit. Treatment nearly as in the first case. Report to his friends at the end of six weeks, that he was better, and hopes were entertained that he might recover : was suddenly removed to an Asylum in London, where he was pronounced incurable, and, no doubt, treated as such. Since dead.

*No. 4.—Male, single. Age, 24.*

High excitement, constantly raving, and at times furious, for a few weeks ; had then lucid intervals, during which he acted as my footman. Had been violently afflicted only a few weeks previous to his being brought, but had been under the influence of what is called notional insanity many years, vanity the leading idea. Having been a drinker, the general habit wanted improving ; alteratives, management, temperance, the occasional use of the warm bath ; got quite well in six months. Has several times been to see me, and once lately ; appears very well indeed : it is nearly six years since he recovered.



*No. 5.—Male, married. Age, 29.*

Phrenetic Insanity, occasioned by fatigue and great distress of mind; had been travelling upon a Coach nearly a week; had lost his money, and drank hard: had fallen from the Coach, and was found in a field by the road side stark mad and naked, it being at the time a hard frost, and snow.

I did nothing but purge him smartly, and put him in the warm bath. In a week he returned to his family, apparently quite well. Had this man been treated as if for true phrenitis, or inflammation of the brain, by copious bleedings, shaving and blistering the head, &c., he could not have been well so soon; for the operations would have caused irritation, that could not have been got over in so short a time. But there is an obvious distinction betwixt those cases where inflammation is the primary disease, and where it is only an attending symptom; and, indeed, the violent excitement of madness should never lead to violent measures, calculated to weaken the system; for it is more frequently occasioned by nervous irritability, or debility, than from causes originating from inflammation: the symptoms, it is true, may approximate, though the sources were very different. Some medical writer that I have read, says, that in phrenitis the pulse is sometimes weak and fluttering; I should think this state of the pulse indicated nervous irritability, and that inflammation was indicated by a hard wiry pulse. And it should never be lost sight of, that an increased nervous excitement more frequently arises from causes of bodily debility than from repletion; and that starvation almost uniformly produces delirium and madness, previous to death.

*No. 7.—Male, married. Age, 48.*

An instance in point of the bad effects of treating Phrenetic Insanity as true Phrenitis, or Brain Fever: he was left for dead by his medical attendant, under the effects of violent depletion; surviving this, however, and his mental complaint being no better, he was sent to an expensive Mad House,





where he was locked to a block from morning till night, and to the bed from night till morning. Though now a Lunatic, I can place the fullest dependence on his information; he says that this inactive state, and the mode of living, brought on such a torpid state of the bowels, that if he had not himself begged for opening medicines several times, he must have died of constipation; that he never had any medicine given him but when he begged for it himself.—He wanted a complete change being made in his constitution, by an alterative system, and keeping the mind upon the alert, before habit had rendered his case incurable, as it now is: he had been in a deplorable state years before I knew him.

*No. 11.—Female, single. Age, 60.*

Had been very intemperate, and frequently in a state of madness for twenty years before admittance; a strict regimen, and an alterative course brought on a complete change in about two years; when her friends thinking her sufficiently recovered removed her; old courses soon brought on a relapse, and I was requested to take her again, but declined the offer; and she was sent to another Mad House, where she remains. There are some characters that may be very rational in a Mad House, that will not be rational elsewhere—and this was one of them. For though the effects of intemperance may be cured, yet it is seldom practicable to cure the propensity to intemperance.

*No. 12.—Male, single. Age, 30.*

Violently Phrenetic; in other words furiously mad: no intervals of calmness for ten days; bound hand and foot, still dangerous to approach; full habit, had drank hard, had been profusely bled before being brought to me; had been bad about ten days. Trusted to purges and the warm bath, discharged quite well at the end of eight weeks: since married and has a family, and, as I hear, is sober and rational. Even in this case, which was evidently plethoric, it did not appear that the



copious bleedings had done any good—what then shall we say to the indiscriminate Phlebotomy of Bethlem?—For topical bleeding, I believe, it most generally does temporary good and permanent injury, and most of those violent means which if they did any good, would do it immediately, generally do mischief, and nothing can be depended upon with certainty, but an alterative system, that is calculated to correct and amend the habit of body.

*No. 14.—Female, single. Age, 40.*

Confirmed Lunacy of ten years standing. This is quite an hopeless case, being symptoms of Paralysis of the brain. A great pity that she should have been so much neglected or improperly treated. It appears that she had a great desire to be married previous to her derangement; and it is said that she was a high spirited woman, very capable and accomplished, lived high, kept gay company, &c. but quite respectable.—The late Doctor Cambwell had been consulted, and he ordered her port wine in considerable quantities. Why did he do this? The case seemed a plain one. She wanted more restraint, particularly removal from home, a relaxing medical system, and stimulating the thoughts, by new impressions; the symptoms of paralysis were, no doubt, occasioned by the long continued maniacal excitement.

It is a great misfortune in this complaint, that medicine is often expected to do every thing, or nothing; when a judicious union of medical and moral treatment, would do all that humanity could wish. In the above instance, common sense might have suggested the necessity of more restraint; and particularly that she should have been taken out of the sight of the object of desire—a handsome man servant; who being quite inferior in mental attainments, it could hardly be called a refined sentiment. The state of her bodily health might have suggested a course of saline medicines; but we are left to lament, that a fine woman, once of strong mind, is reduced to the state of an Idiot.





*No. 16.—Female, married. Age, 41.*

Phrenetic and illusive Insanity; had been extremely bad for twelve months previous to being brought. Her disorder had been brought on by improper treatment after child-birth, and no doubt greatly injured by copious bleedings.

No appetite; indeed refused her food most obstinately.—My object was, to give her a good stamina; from being shockingly emaciated she grew quite fat, with a voracious appetite. Constantly kept her bowels active, and she had much exercise in the open air; she was with us a year and half, but got quite well, and remains well; four years ago. It was a great advantage to this patient, that she came from a great distance, and was but little interrupted, by the visits of relations or friends; which constantly do injury.

*No. 18.—Male, married. Age, 56.*

Visionary. After eight years of the most deplorable melancholy, he had a slight stroke of palsy; he then suddenly became high, and dubbed himself a Colonel, and such he remains. The mere abstract opinion of being a Colonel, would not have subjected him to personal restraint, but this visionary idea brought with it a train of thoughts that rendered restraint necessary. A Colonel must keep gay company, dress, have horses, servants, &c. and these he could not support: in this case Insanity may properly be called latent; for he might pass in company for a long time without any discovery of his Lunacy; the army and military affairs would be the subject on which he would betray his disorder; but he might even pass a conversation of this kind, without discovery, if the company did not know that he had no pretensions whatever to the military character.

*No. 24.—Male, married. Age, 47.*

Mental, or in other words, nervous stupor. Seemed quite lost, with a vacant look, without speaking. By the use of the hot bath, and purgatives, he appeared so far recovered, that he





returned home at the end of three weeks; but soon relapsed, and was brought back. There was now more excitement; in fact, a more troublesome patient never came into a Mad House; frequently he was brooding over the idea of self-murder, as appears from his letters and papers; at other times he was meditating mischief to others; he was a wit and a poet, and none in the House escaped his abuse. Of his lines I only remember one couplet, it was

“O Governor Bakewell,  
“Had I thy strong arm, something about Shakewell.”

He wrote some hundreds of pages of minutes, intended for the instruction of Counsel, in an action against me for false imprisonment. Well aware that scurvy, a very close sedentary life, added to an hereditary disposition, were the exciting causes; exercise in the open air, and an antiscorbutic plan, in concert with a medical friend of his, in about five months brought him into a state of confirmed convalescence; and though he was certainly removed too early, yet he remained well, and we have frequently met, and of course are good friends. The last time I saw him, he acted as Coroner upon an Inquest of an unpleasant nature. He told me that the account of Mr. Whitbread's death had a most dreadful effect upon his mind; and that he thought it highly wrong to publish accounts of suicides; and that one act of this kind, made public, was generally the cause of several others. His opinion is of importance, for he is a man of superior mental attainments, and perfectly acquainted with the nature of the disease that he himself has been afflicted with; and I perfectly agree with him in opinion. I beg to repeat here, that if the horrors attendant on mental derangement could be removed by milder treatment being generally adopted, it would tend to diminish the frequency of the disease.

*No. 25.—Male, single. Age, 31.*

A rough clown; half idiot at best; could never become insane by the volitions of mind; of stout robust make, and



constitution, hereditary, phrenetic. Smart purges, restraint from ale, and the occasional use of the warm bath, soon brought him into a state of calmness, when he lost his life by an accident, which also deprived me of the best servant I was ever blest with, who had been a patient also. They were employed together to remove a moveable grate, containing a small quantity of live embers, that had been used to warm the room of another patient, who could not be trusted with fire. Instead of moving it away, they put it into the room where they slept, in separate beds; and, as there was no smoke or smell, they did not perceive the closeness of the room, it being very cold weather. They both lost their lives, one in about twelve hours, and the other in about eighteen hours, from the time of first going to bed; not by suffocation, as was supposed, but by inhaling air, deprived of its oxygen. They breathed freely several hours after being found, but could not be saved.

*No. 30.—Male, single. Age, 28.*

A most violent case of phrenetic, illusive madness; he would, at times, fancy himself a most vicious horse, and kick and bite, and imitate the noise of a horse; at other times he was a bull, &c.; strongly hereditary. Good air, exercise, purgatives, tonics, hot bath, and the cold shower bath, were all persevered in most unremittingly: in nine months he was convalescent, and became extremely attached to a little boy, who was born about the time he came into the House; from this time, his whole business was to nurse, and often has he been trusted with the child in the walks, when we could not have trusted him alone; so that if the boy was not born a Keeper, he was certainly nursed one; his fondness for him, I most sincerely believe, contributed to his complete recovery. He was discharged cured at the end of fifteen months: the first use he made of liberty, was to go home and drive off one of his best milking cows, and bring it as a present to his young favourite. The sequel of the history of this patient is painful. For two





years, I heard of him as being very well, and he came once to see me; but hard treatment from his landlord caused him to leave his farm, upon which he had been brought up. At the sale of his stock, he exhibited symptoms of his old complaint, and soon after made an attempt upon his life; but, not succeeding, he was again put under my care, and a more orderly, better behaved patient never was in the House: he appeared quite recovered, and was under no restraint whatever; often went to the neighbouring town alone; when one evening, soon after mention being made of his brother's intention to fetch him to his house, he took an opportunity of putting an end to his own existence: he had remained longer than was thought necessary, from his having appeared reluctant to return home; and it is a little extraordinary, that the only other instance I have had of this distressing kind, was in a person who was considered as convalescent, and who was in contemplation of returning home. We are seldom willing to confess how much we are the slaves of feeling, in defiance of the dictates of unbiassed reason; and we have a great cause for thankfulness when the impulses of mental feeling lead us to what is laudable and good. It was, no doubt, the excess of feeling that was the origin of this man's madness, and which ended in self-destruction. It was the excess of feeling that was the cause of my devoting my life to the cure of madness.

*No. 31.—Male, married. Age, 30.*

A stout, healthy man; a labourer; had been falling off in his mind several years; had been quite sober and temperate in every respect, nor could I hear of its being hereditary; was said to be happy in his family. It was reported that the Methodists had been the cause, and I proved that he never heard the Methodists till after the commencement of his insanity: it was, no doubt, constitutional; still no bodily disease appeared sufficient to account for it. By an alterative use of medicines, of the laxative kind, and regular employment in the open air, he got quite well in ten weeks, and, as I hear, has continued so.



*No. 33.—Male, single. Age, 54.*

Violent phrenetic insanity, and illusive; he had been a drinker of ardent spirits to excess, and a great fighter; it was thought that he had received some severe blows upon the head. Took great pains with him for two years, when he sunk under the excitement of the disease. This was the only patient I ever had, that was put under my care while the complaint was quite recent, that I considered as incurable.

*No. 38.—Male, married. Age, 53.*

Hypochondriacal insanity, and desponding melancholy at times; at others, much excitement; would cry out in the utmost agony, that the devil was upon him, pressing upon his stomach, &c.; he had been a sober, hard working, honest labourer.

I would here mention, once for all, the little confidence I have in what are called Anti-nervous Medicines. I never found them of any use, unless joined with laxative medicines, and then I suspected that the good effects, all arose from the detergent quality of the article administered: in this instance, I was advised to use them, and did so for some time; I got no ground; I then took to my old plan of the draught in a morning, in which I occasionally dissolved a little Epsom Salts, and the pills at a night; and I constantly got a little ground. But my patient was rudely taken away by his sons, in a state of convalescence; was in a few weeks brought back, bound, and much worse; he then remained several months, and was again taken away, not being well, in consequence of an agreement betwixt his sons and the parish; they taking him for less than I did. It appears that he was extremely ill-treated by his sons and wife. In the most severe weather, he made his escape, doing it at a time when he thought no one would venture out of the house to follow him; he got safe to Spring Vale, and implored my mercy in the most piteous accents. I was truly sorry for him, and got a Magistrate's order for keep-





ing him at the expense of his parish. When the weather had a little abated, one of the parish officers, and one of his hopeful sons, came to fetch him back; upon his son seeing him, he said—"a thou old rogue, but I'll give thee a good dressing." Upon which I turned the young rogue out of the doors, and told the officer to follow him, and I kept my patient till he was quite well, and he is now master of his family.

*No. 43.—Female, married. Age, 23.*

Phrenetic despondency, after child-birth. During the first paroxysm of insanity, her infant child died in her sight in convulsions; and, as every thing is remembered by those in her situation, there was a dreadful mixture of real horror along with her maniacal hallucinations: her screams and lamentations were truly pitiable; and she so obstinately refused food, taking nothing but what was got into her by absolute force, that I thought it impossible to keep her up, so as to give her a chance for recovery in this way; I therefore advised her husband to remove her home, and try the effect of hunger; being of an opinion that the bodily cause of insanity was removed, and that if she would take to eating, she would recover. Her husband appeared to me to have other views, from the extreme readiness he entered into my plan of suffering the poor creature to please herself. She called for food on the fourth day, eat voraciously, and recovered in about a month; continues well, and has since had an increase of family,

*No. 44.—Male, married. Age, 50.*

Extreme nervous irritability; had led a sedentary life; a low fluttering pulse; had been bled and blistered upon the head very improperly; was clearly convalescent in three months, his friends being determined against any further expense; and he now remains in a most dreadful state. Poor man! he lamented that he must be taken away, in quite rational terms, at our parting: his relations were too poor to support the expense, and too proud to solicit relief.





*No. 49.—Female, single. Age, 25.*

Had been six months under the care of another Keeper, when brought to me. I have often said, that if ever the devil was in woman, he was surely in this. Good heavens! when I look back upon the trouble and anxiety I underwent with this creature, I wonder how I ever got through it; her filth, her fury, disgusting language, and her almost constant nakedness for nearly two months, it being totally impossible to keep any clothes upon her, and it was scarcely possible to keep her from tearing her own flesh to pieces, as well as others; these altogether left her almost without the appearance of a human being: till I had her, I thought I could manage any with the strait waistcoat; but her teeth bid defiance to every attempt to keep even that upon her. But all our extraordinary trouble arose from our not making the discovery sooner, that her particular hallucination was, a determined opposition to the wishes of those about her; and we had only to express the opposite of our wishes, and it was immediately done; as, Miss, you must not eat that food, it is for another person; and it was immediately taken and eat up. Miss, you must not take that medicine, it is for such a lady, this is your's; and it was gone in an instant. Miss, you must lie still to-day; you must not get up, and wash you, and dress you very neatly; and up she got, and did all we bid her not to do. We therefore took care to bid her be sure to tear her clothes all to pieces, and she remained dressed. This was certainly a departure from my usual plan of treating my patients as rational beings; but it was a case of necessity.

Purgatives, tonics, chalybeates, the warm bath, cold effusion, and embrocations to the head, were put in requisition: industry and determined perseverance may do wonders; she got quite well, and became the well-dressed, well-bred lady. On her return home, her friends said, they never saw her look so well in health, or appear better in mind. After this case, I shall never think any too bad for recovery; she was under my



care six months. I had one great advantage in this case, and that was, my endeavours were not interrupted, by the visits of her relations.

*No. 51.—Female, single. Age, 19.*

An unfortunate case of low nervous irritability; she had been treated in a vile manner at a parish work-house, by which what little bodily health she at first possessed, was destroyed. Great pains were taken, but she at last sunk under nervous atrophy; and though she had been phrenetic and illusive for more than twelve months, yet she was rational at her last moments.

*No. 59.—Male, married. Age, 29.*

A sedentary life, poor living, and gloomy prospects, no doubt, the cause; violent and illusive raving insanity. A better habit of body, under proper mental restraint, soon produced a state of convalescence; and he was discharged recovered, at the end of three months.

*No. 61.—Female, single. Age, 30.*

Daughter Jane, I had used to call her; a tall, strapping farmer's daughter; it was said she was consumptive, and she had been under the care of a great number of Medical Gentlemen; she had a little cough and hoarseness, but I did not think them of any great consequence; and she only took the common medicines of the House. She was for some time, violent, noisy and restless; but in five months she appeared quite well, in mind and body. No doubt, our healthy situation and pure water, were, in this instance, particularly beneficial. On leaving, I told her, she had my full consent to marry, if she could meet with any one that would take her for better or worse.—N. B. She is since married, and is become a mother.





No. 63.—*Female, married. Age, 36.*

A confirmed case of what is termed sensitive insanity; she fancied that she had something alive in her stomach, that gave her the most intolerable pain; yet, at times, she would forget it, and be quite rational; but on any hint of her own state, she immediately screamed out, "it is alive!" I rather suppose that this particular fancy arose from the circumstance of her having no children, and that a bad habit of body did the rest; she had a fair trial, and was certainly much better when removed; and she remains, as I am told, in much the same state she was in at the time of removal.

No. 65.—*Male, married. Age, 60:*

A hale looking farmer, who had been very industrious and sober, and had become opulent; raving despondency, with great nervous irritability; bowels in a very torpid state.—Treatment obvious; got well in six months. I recollect a circumstance in this patient's treatment, from which it may be supposed that the proper association of ideas might frequently be of great service in the cure of insanity: I overheard him in one of his raving, desponding paroxysms, as follows:—"Ha, we're all ruin'd, quite ruin'd; this poor lad of mine, why I've ruin'd him too, by putting him apprentice to a surgeon. Why what in the name of God can he do? he has already cost me the Lord knows what, and they say he must go to the Hospitals, and that'll cost more than I'm able to pay; and if he gets complete, why he's ruin'd; there's so many medical men already, that there's no such thing as a place to be found for him, where he can get a living." At this moment, I tapped him on the shoulder, and said, I'll tell you what Sir, we'll set these Doctors to poisoning each other, instead of poisoning other folks; and then there will be plenty of vacancies soon. Upon this, he burst out into a loud laugh, and appeared quite cured of any fears for his son; the reason, no doubt, was, that whenever the boy's gloomy prospects crossed his thoughts, it would



be associated with the ludicrous idea of the Doctors poisoning each other, which would counteract its effects.

It is this association of ideas that renders it of so much consequence in obstinate cases of Lunacy, that the patient should leave home, and break off, as much as possible, all family intercourse. I have succeeded best with those who came from a distance; the sight of new objects, and the company of strangers, never failing to create new associations of ideas.

*No. 66.—Female, single. Age, 40.*

Had been more than a year a Lunatic previous to being brought, and had had the best medical advice. After being at Spring Vale a year, she was evidently better; but her relations regarding the expense, she was removed. I cannot take upon me to say, that she would have recovered had she continued longer; but I have every reason to believe that she would have improved much; and cannot have any hesitation in believing, that she would have recovered, had she been brought upon the first attack. The great error was her remaining at home, under the irritations of family intercourse, and, perhaps, in her medical treatment, too much was attempted by medicine. Scurvy was a leading symptom, and she had plenty of Antiscorbutic and Anti-nervous medicines; but in scurvy, as well as nervous disorders, a dry, open, pure air, as well as diverting the thoughts by the sight of fresh objects, is of the first consequence: the air she lived in, was confined and damp, and the scene unvaried. Poor creature, she always called me Father; and under the impression that her not being restored, was owing to injudicious treatment, and that on leaving me, she was consigned to the horrid state of an incurable Lunatic, I felt much for her.

*No. 68.—Female, married. Age, 68.*

Brought in a high state of delirium, with a low, fluttering pulse, an emaciated look, and feeble frame. God help you,





my poor old woman ; what have they been doing at you ! I exclaimed, on seeing her. She instantly answered---“ Bleeding me, blistering me, purging me, and vomiting me, till I’m near dead.”

My first care, of course, was to raise up the old woman’s bodily system ; and it was more than twelve months before her insanity left her ; but she got well, and remains so, as I am told.

*No. 71.—Male, married. Age, 54.*

A broken-down soldier, that I should not have received had I seen him before he was brought ; was evidently a venereal habit. After having a great deal of trouble, for he was extremely dangerous, he died in about ten weeks, paralytic. I have known several cases of insanity, that were evidently occasioned by exposure to cold, while under the effect of mercurial medicines : most likely, this was one of them.

*No. 75.—Female, married. Age, 39.*

An unfortunate case, indeed ; she had been afflicted by a fistula in the eye, and had been with the Taylors of Lancashire. It was thought that the pain of the eye was the cause of delirium. She returned home raging mad. She had been ten days in this state when put under my care ; I found that there had been a most dreadful excitement, and that she had taken little or no food ; I was well aware that the system, though apparently kept up by the violence of the disease, must have been dreadfully exhausted, and my first object was to get nourishment into her, but I was too late. She kept sinking from the first day, and, in about a week, breathed her last ; a fatal instance of the neglect of getting nourishment into the patient, before too much exhaustion had taken place. The excitement of Phrenetic Insanity, I am confident, exhausts the system most rapidly, and nothing can be done unless it is well supported by light nourishing food.



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No. 76.—*Male, single. Age, 24.*

A most strange case of nervous or mental stupor, except in what related to the appetite for food ; he appeared quite incapable of voluntary motion. If food was put into his mouth he eat it, but if left close to him he took no notice of it. If put in a chair, there he sat ; his eyes fixed, and his body motionless, unless a kind of involuntary convulsive motion came on. If set on his legs it was the same : but if placed in a recumbent posture, he never attempted to recover his balance. He appeared entirely unconscious of every thing around him, never spoke, and was quite insensible to the common calls of nature. Of course, in a case like this, I took the opinion of my medical friends, and a number of things were done in medical treatment. The methods that were found certainly useful were as follows : I gave him purges regularly, so as to keep up a very active state of the bowels. I used the warm, or, rather, hot bath freely, with the cold effusion upon his head. His food was light and nourishing ; but, above all, we did all we possibly could to rouse him into voluntary action. We carried him into the walks, then urged him to step forward himself. The first time I heard him speak was when I was pouring cold water upon his head : he cried out, " Stop, sir ; stop, sir." After a great deal of labour, and constant attention, we got a little ground ; he would take a few steps ; would sometimes say yes, or no. We then put a spade into his hand, and urged him to use it : we succeeded by little and little. At the end of six months he recovered. I shook hands with him in Stafford a short time since ; a polite, sensible young man : he promised to come and see me, but, I suppose, he feels reluctant. There is certainly great pleasure derived from such recoveries ; and I may, without presumption, believe, that I was the humble means, under Providence, of restoring this young man, who appeared very likely, indeed, to remain a pitiable object for life. If there are those who are content to receive the profits of keeping a Mad House, without using their best endeavours to restore their patients, they must have



strange feelings: for my own part, I could not live under the anxiety of such a situation, were I not frequently successful; but a good recovery or two gives new life and vigour to the cause. The votaries of pleasure may think it a dreary life to be in constant attendance at the couch of the maniac; and, for this, to give up every social enjoyment, which a person in my situation must do, if he but resolves to do his duty. In truth, it has its troubles and mortifications, such as those unacquainted with it, can have no conception of; but "the labour we delight in, physics pain," and the self-approving mind cannot be without its consolations; and, to be able to stem the torrent of maniacal fury, to soothe the phrensied ravings of despair, to dispel the mists of intellectual darkness, to catch the first rays of returning mental light, and to charm away the lingering gloom of visionary despondency; in short, to see a fellow-being recover perfectly from a state of madness, melancholy, or mental stupor, is truly a feast of reason; and often shall the meed of praise arise from the feelings of gratitude; and this can never be unacceptable.

Since writing the above, the person alluded to has been to see me, and appeared perfectly well, both in body and mind.— And on the same day, No. 77, came to see me, in a like pleasing, friendly, manner. I certainly was not in a state of mind, on the occasion, to envy those who obtain riches by any dereliction of their duty, as keepers of Mad Houses.

We sometimes meet with ingratitude from those who recover, and our office is looked upon as a degradation, beyond what can be merited. The person to whom my grandfather owed his instructions in the treatment of Insanity, was a learned, and a good man, and he had devoted his whole life to the cure of that disorder; yet he was seldom designated by any title more honourable than that of the Old Conjurer: and my venerable relation, by treading in his steps, subjected himself to the same imputation. I don't think that I am considered a conjurer, which most assuredly I am not, but I have often been branded





with the disgraceful epithet fool; for having devoted my life to the care of the Insane; and have certainly met with more of contumely, and less of respect, than I ever experienced previously: I am taught to bear this, by observing how little the feelings of compassion are in general excited, by this most afflictive disease. I live in a neighbourhood of great opulence, and the exercise of general charity; and great numbers of this description have visited Spring Vale, apparently, from motives of idle curiosity; yet, in the course of seven years, I have never once been asked the question, whether any of my unfortunate inmates were proper objects for private charity: nor has a single act of charity been exercised upon them by any in the neighbourhood. It is true, a great part of them are in a situation above that of requiring it; but this is not the case with all; and it appears strange, that the pride of wealth, or the pride of intellect, or the feelings of benevolence, should never have suggested such a question. The fact is, Lunatics are not considered as objects of pity, but as objects of idle curiosity, where they are not objects of terror.

When I first began to build this place, I, of course, took some pains to publish to the world, my pretensions to a knowledge of the treatment of Insanity, and that the cure should be my principal object; and being convinced that such an institution was much wanted in the neighbourhood, I had no idea of its proving otherwise than acceptable to public opinion; though I laid no claims to any public assistance. But, notwithstanding, I fixed in a situation, where it was the least likely possible, to be any annoyance to others; yet I soon found, that the thoughts of a Mad House, had caused a most alarming sensation; and after the house was ready for the reception of patients, and when its not being used for the purpose, must, it was well known, have caused my total ruin; a strong party was made to prevent my obtaining a Licence, under the impression, that it would prove a dreadful annoyance; and it was officially announced to me, that I had no favour to expect, from a certain great



personage, who occasionally resides within a few miles of Spring Vale.

I have taken very particular care that those patients who were violent, or any way dangerous, should be kept perfectly secure; but from the liberty that I consider as necessary to the best means of recovery; some of those who were in a harmless state, or convalescent, so as to bespeak confidence, have, in a few instances, made their escape. The alarm this has excited has been very like what might be expected, were a lion, or royal tiger, to escape from a caravan; and the censure upon my conduct has been such as would be cast upon a keeper of wild beasts, on such a terrific event. I have been repeatedly warned by my friends of the very serious consequences that might arise from these escapes; though I don't recollect a single instance of any one getting away from the place but what was perfectly harmless. Upon hearing that a family in the neighbourhood were in a state of great terror upon the occasion of one of my patients being seen upon the turnpike-road, and being, as I was told, threatened, I waited upon the Head of the family, to give the information, that the object of this alarm, was as inoffensive as a lamb, which was truly the case; but I was refused a hearing; no doubt, my conduct was thought such as to admit of no palliation, or excuse: and, indeed, those feelings of candour and allowance, for the great difficulties of my situation, upon which I thought I had a right to calculate; appear to be entirely confined to my particular friends.

These things would not be thought worth the mention, were I not extremely anxious to rescue whatever relates to insanity from undeserved degradation. As matters at present stand, however mild and harmless a lunatic may be, he has but little chance of being considered as such by those unaccustomed to the disease; and while it is regarded with so much superstitious dread by the most enlightened part of the community, it is no wonder that the public purse should be expended in building large prison-houses, foolishly and extravagantly strong, for the sake of keeping them





safe, in which every other consideration relating to them is left out of the question. It is but a short remove from that age of superstition, when every lunatic was believed to be possessed by a devil, which none could dispossess but those in league with the head devil.

*No. 77.—Male, married. Age, 32.*

When this man made his appearance first at Spring Vale, his looks were at once terrific and pitiable; his eyes darted the fire of madness, while his pallid countenance, and sunken cheeks, bespoke the near approach of death. My father exclaimed, "This is another customer for the coffin-maker!" Indeed, I thought him near his end. Yet, the excitement was truly astonishing; he spit, and bit, and fought, and his delirium was too rapid for distinct utterance. I was told that he had taken very little food; indeed, it seemed that he was only brought to die under my hands. I hesitated whether to receive him; but to send him back appeared certain death.

It appeared that he had been a man of weak nerves, a regular liver; that, on a journey, he had been terrified by a clap of thunder, and arrived at home in a state of complete madness. The medical wisacre, they sent for, thought, of course, that nothing could cure madness so well as blistering, and bleeding to excess; and he had of both to a full tune. After six days he was brought to me; the nervous affection was such, that he could not swallow any substance, and it was with the greatest difficulty that we got liquids into him. Of course, my first object was to raise him, by light simple nourishing things. For three days I had little hopes of his life; at the end of nine weeks he was quite well in body and mind, and grateful; and his affectionate wife shed a copious flood of tears, of unaffected joy. Continues well; has been several times to see me.

*No. 79.—Male, single. Age, 22.*

A nervous, irritable young man, of delicate constitution, tho' brought up a farmer; his complaint intermitted regularly, coming





on with violence twice a month; the case seemed easy—that is, the proper methods obvious, good air and gentle exercise, proper restraint and an alterative medical system; he was discharged cured at the end of six months. This young man's father, as I am told, fell a sacrifice to the rude treatment under what was called brain fever; he was bled and blistered, till he died in the greatest agonies. Few patients are brought to me but what have been previously blistered, and bled copiously; I never in my life heard of a blister being used either to the head, or neck, which was ever thought to do any good in this complaint; generally the report is, that the patient was much worse after; and bleeding to excess, is certainly injurious.—Indeed, considering bleeding, at best, but a temporary remedy, I may have a prejudice against it; and those cases where it is successful, never come to me; but I think there are few of them.

*No. 84.—Female, single. Age, 52.*

A bilious Lady, that had indulged her visionary thoughts for a great number of years, when a paroxysm of phrenetic violence put her under my care; her violence subsided, but her visionary ideas still remain; yet she is sensible and intelligent to a great degree, though a Lunatic.

Speaking in her hearing, a short time since, on the necessity of mental exertion in the cure of mental diseases—true, says she, “how can the mind regain its rational powers, if it is not rationally exercised?” She employs herself in needle-work, drawing, and in making very neat paper boxes; but the greatest source of amusement and employment is, the collecting curious pebbles, from the sides of the neighbouring hills, in company with a little favourite girl; and it is really astonishing that such a trifle could have become so interesting as it has, by attention being paid to it. Many thousands, I should suppose, have been collected, by her, and another person, who is become a sort of rival in the amusement. Great numbers have been sent



to the relations of the patients, many of which, for their fantastic shapes, and variety of tints, appear worthy of a place in the British Museum. There is a great improvement in this Lady, and in time her visionary thoughts may wear out.

*No. 86.—Female, widow. Age, 45.*

An unfortunate case of nervous debility; she had lost her husband and property; and in the capacity of housekeeper in a close town, had attended a sick person for several months, when she was taken with a stupor. A kind sister gave her large quantities of port wine; this brought on phrenetic symptoms; in this state she was brought to me, but so obstinately refused nourishment, that it was impossible to keep her up, and she sunk at the end of six weeks—a victim to grief, and a bad habit of body.

*No. 102.—Male, single. Age, 60.*

An absolutely incurable case; my poverty, and not my will, consents to the admitting such; for, unfortunately, I live by keeping Lunatics, not by curing them; even in a small establishment it is hardly possible to prevent incurables doing injury to those under the curative treatment. In large establishments, where a great proportion are incurables, the best means of cure are quite out of the question. But were it not for those deemed incurable, I could not have kept my house open; nothing is got by those that recover soon—I have even lost by many; numbers having been brought to my house stark mad, and have recovered, whose bills would scarce cover the loss in the tear of blankets and linen, and the breaking of furniture, which is so incident to the first paroxysms of fury; and I have received more money from twenty very old cases, that were considered as incurable at the time of admission, than from all the rest; and if I had only recovered one third of what I have, or have been three times as long in the cure of those that have recovered, I should have had money in my pocket; as it is, I am insolvent. Nor is it possible for an adequate number of private





Mad Houses to support themselves solely upon the curative plan, unless the whole system was changed; they being supported by keeping, not by curing. I am well aware, that all medical men are in the same situation, but this is nothing to the purpose: I am well assured, that the reputation for cure, that I have been so anxious to deserve, has been a serious injury to my pecuniary interests; it may have procured me more of the lower classes, but I have the most satisfactory evidence I can have, that I have been prevented by it from having those of a higher class, and such as would have paid the best; the difficulty of my situation arising out of the general practice of curing and keeping being confounded, so that under pretence of the former, money is unfairly obtained by the latter; and this pretence of curing, serves to cover the sinister designs of relations, who, under the ostensible motive of procuring the means of cure, can obtain the means of preventing recovery.— I can speak to facts of this nature. In the present state of things, Asylums for the keep of incurable Lunatics, are as necessary as Hospitals for the cure of Lunacy; all I wish is, that they should be entirely separate, and the pretensions of each distinctly known. In that case, those who exert themselves in the cure, might stand an equal chance for pecuniary interest, with those who, in fact, do nothing but keep Lunatics; and the necessity of the latter, would nearly pass away with the present generation. Matters, too, might be put upon equitable principles; as it is, the unfortunate Lunatic is subject to the grossest abuses, under the plea of doing the best to serve him. It is the highest proof of humanity to protect those who are unable to protect themselves—this proof is sorely wanting in the case of those afflicted with mental disease; and this man is an instance,— he was once opulent and respectable, yet he has been a wandering Lunatic for many years, without any means of relief.

*No. 108.—Male, widower. Age, 48.*

In this case, the walk, defective articulation, and insensibility to the common calls of nature, indicated paralysis. I had

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the best medical advice, but he grew worse; and upon my informing his friends of it, one of them came over, and told me that previous to any mental affection, he had for years been much troubled with a discharge of matter from the back of his head, which a skilful surgeon had healed up; I immediately had a seton made just below the place; but it was too late. The injudicious healing up of this place, was, no doubt, the cause of the mental disease.

*No. 120.—Male, married. Age, 45.*

A most determined case of obstinacy and mental stupor. For upwards of four months he did not take a morsel of food, but what was forced into him against all the strength he could possibly exert; and he was a remarkably stout man. During this space, he never spoke above half a dozen times, and did nothing but what he was in a manner forced to do; at the end of this time, there was an evident abatement in the disease; we could get him to take food from a spoon; he had sunk very little, and he appeared more compliable, so that I entertained confident hopes of his recovery. His good wife hearing of this, immediately took him home. I felt extremely indignant at having him dragged away by force, on the first hopes of having my trouble and anxiety rewarded by success; and the first I heard of him afterwards was, that he was dead and buried.

*No. 123.—Male, single. Age, 30.*

An instance of a very respectable family making a sacrifice of their own feelings, which were, at first, extremely averse to his being sent to a Mad House; but, upon a representation being made, that it appeared a confirmed case of phrenetic insanity, and that such a step would give him the best chance of speedy recovery, they immediately consented; and I firmly believe, that the strong impression which was made upon his mind by the removal, the restraint which took place there, without its creating any confusion, and the liberty given him in every interval of





abatement of the symptoms, contributed as much to his speedy recovery as the medical means used ; which consisted of bathing in warm water, and the use of smart purges, and a few draughts of bitters. He returned quite well in five days, and remains well.

*No. 127.—Female, widow. Age, 45.*

An unfortunate case of deep settled grief, joined to a bad habit of body, producing Phrenetic Insanity, alternating with paroxysms of raving visionary despondency. She was regularly attended by a physician, who evidently understood her complaint, and there was certainly no want of attention ; but a most obstinate constipation of the bowels was followed by a fit of apoplexy which terminated a scene of trouble, and of sorrow.

I have had very few cases that could be traced to any cause of real grief ; not more than six out of the whole, and only one of them was successfully treated. In all of them there was great obstruction in the bowels, and there is nothing of more consequence than attending to the state of the bowels, in all cases of mental affliction, as the best means of preventing actual derangement.

But though so small a number of insane cases can be referred to causes of real grief ; yet, mental depression or despondency are very common symptoms under the disease : indeed, the mental symptoms are, very frequently, at total variance with the previous temper, or mental habits ; and, in the general treatment of mental derangement, perhaps ten times as much is required to counteract the tendency to melancholy, or illusive despair, as is required to guard against the effects of violence, or mental elevation. Yet, among the many noble public Institutions, calculated for the safe keeping of the violent, and dangerous, we cannot boast of a single public establishment, properly adapted for the recovery of those afflicted with, what is called, the English Malady, or Melancholy.





*No. 128.—Male, married. Age, 41.*

A drunken case, truly. Drinking ardent spirits to excess, for twelve months, had brought on such a state of the nervous system as I never saw before ; his eyes appeared as if starting from their sockets ; his hands trembled so that he could not hold a cup more than half full without spilling the contents ; nor could he lift his hand to his head without a great effort ; his mind was completely gone, being quite a visionary mad-man ; his stomach was in the most irritable state possible. I went boldly to work with purges, the warm bath and tonics, open air, exercise ; nothing but water to drink, of which he took large quantities for about a week, with light, healthy food : in three weeks, he was quite well in body and mind ; indeed a very healthy man ; will he keep from his former habits, he promises fair. I have had three letters from him on business since he left me, and he appears quite correct.

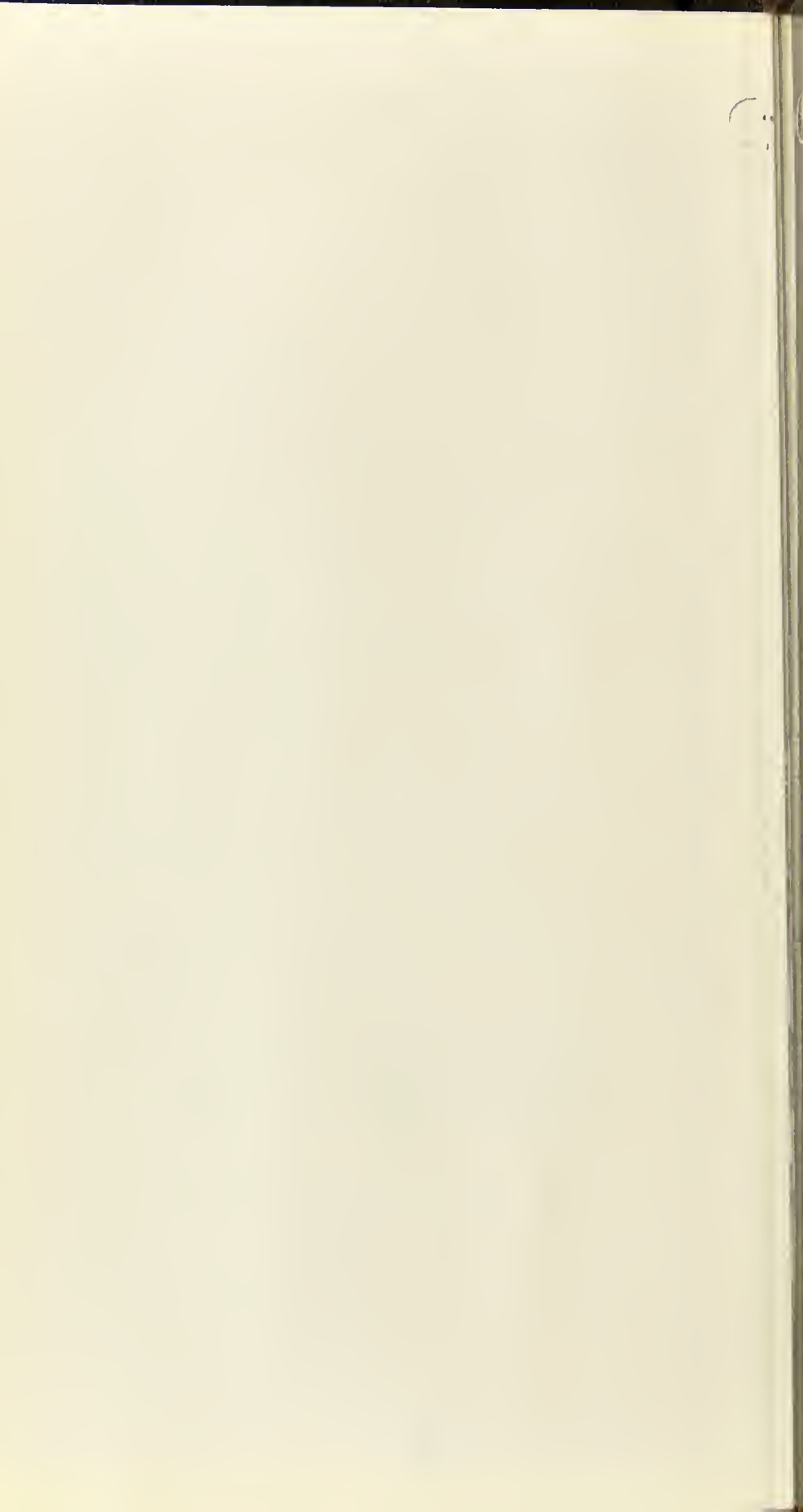
*No. 140.—Male, married. Age, 35.*

This case would not be worth notice, but that it may serve to introduce a subject upon which I wish to say a few words ; and besides the manner of being introduced to my patient had something of the romantic in it. In the early part of a morning, being before daylight, I was awoke by a loud knocking at the door ; and, upon going to the window, I saw, by the light of the moon, a man upon his knees in very loud prayer, that the Lord Jesus would send down his grace upon the master of that house, and all his family. Convinced from his manner that he was mad, and conceiving that a Mad House was the fittest place for him, I called, to say that I would let him in ; on his entrance, he was for a time very collected, and gave me his relation as follows :—“ I have been from home several weeks ; I have been to attend the last illness and death of my poor father ; he left some little property behind him, and we have had some very unpleasant disputes ; I have, too, drank hard, and the people said I was going mad ; but, bless



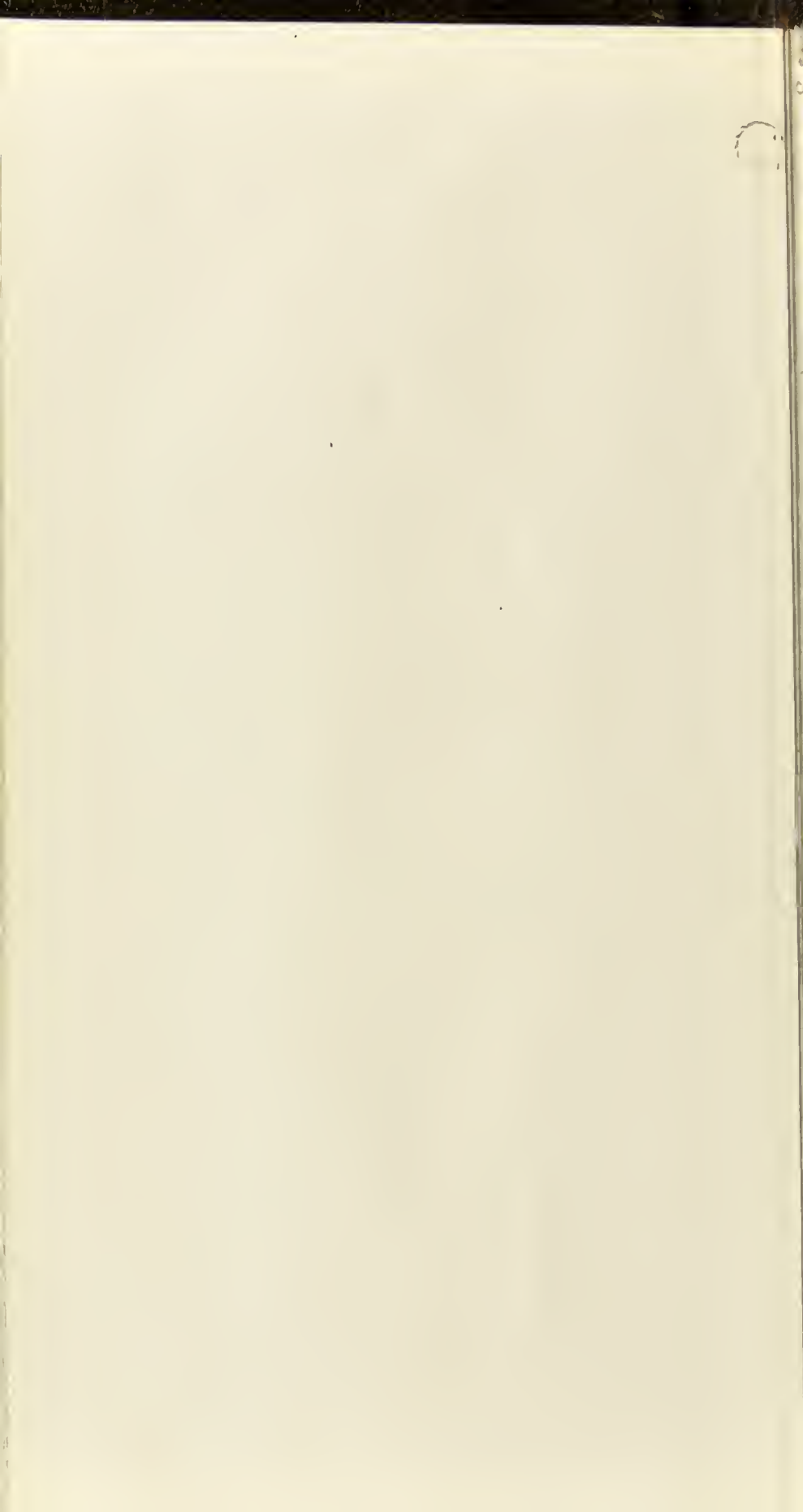
the Lord, they were mistaken, for I never was so wise in my life as I am now. Coming home upon one of the coaches, a voice came to me, and bid me go forth and preach the Gospel of the Lord Jesus; I began to pray, and I got off at the village below, and have been praying for the dear souls of the people." "How came you up here?" I said. "Why, the Lord Jesus directed me hither to be sure." "What, have you been some time with the Methodists, for I presume you are one?" "No: I never was with them in my life; I do not so much as know any Methodists; but, if it please the Lord Jesus, I mean to join that holy people, this very day: I shall find some of the Preachers at Stone. In the strength of the Lord, I can do any thing: I can strike my arm through that fire; and I can strike my arm through your body." In about two minutes after this, his arms were properly secured in a strait waistcoat; on first seeing of which, he expressed a wish to have it on, in order to convince us that the Lord Jesus would break his bonds asunder; and as soon as it was properly secured, he cried out,—“Come, Lord Jesus, break my bonds asunder,” accompanied with all the efforts in his power; but these not succeeding, he became calm again for a while. For two days, he was for the most part visionary; but, using all my efforts to remove his complaint, he seemed quite recovered on the fourth day, and appeared in his own natural character—viz. that of a bold profligate, with no more religion than the Bird\* that bears his name. I wish he had been a Methodist; for in that case, I should have hope that he would some time find grace enough, to pay me one pound, which was my charge; being five shillings that I paid to the messenger who went to inform his friends of his situation, and fifteen shillings for food, lodgings, medicine and trouble; but, as it is, I have no hopes. I have often asserted, that the visionary fervours of devotion, which have been stated as the cause of insanity, were frequently the first effects of it, and this is an instance. A cotemporary

\* Swan.





writer upon Insanity, goes a little out of his way, to stigmatize the Methodists as the frequent cause of Insanity; and, in walking with him through his own Hospital, which contained, at that time, about a hundred and fifty patients, he pointed out two old women, who were, he said, Methodists. I never contended that Methodists were entirely exempted from the visitings of this malady; I only have contended that they are not more subjected to it than others, and that when afflicted they stand as good a chance for recovery; in contradiction to the decisive opinion of another author, who asserts very boldly, that there is little to be done in the way of cure for those afflicted with Religious Mania. I have no connexion with the Methodists, farther than that of knowing some people who are of that persuasion, and having a near and dear relation who is one; but the word Methodism is often confounded with seriousness in religion of any kind, and the truth should be vindicated from the attacks of profligacy and infidelity. In attempting to do this, I shall only state facts, and shall leave my readers to make their own comments; only observing, that there is a very large proportion of Methodists in the neighbourhood, from which I have had the greatest part of my patients. On looking carefully over my list of 153 cases, I find a hundred and thirty-five that must have been quite free from the imputation of being Methodists; they were those upon whom religion sat quite easy—a sort of outside Pillars to the Church of England, who gave themselves very little trouble about its internal duties, except in what related to marriages, burials, christenings, and the churching of women. I count six, who had been, what the world calls, strict, good church-going people. One was a jovial Quaker, who made it a sort of boast, that he had been expelled the Society of Friends for his irregularities. One had been a serious Baptist; another had been a Roman Catholic, who, it was thought, had done himself injury by keeping the fasts of his Church more strictly than his Priest required; and nine had been Methodists—one of these confessed that he had



been expelled the Society for habitual drunkenness; four of them were in such a bad habit of body, that I did not think it necessary to look for any other cause: another told me that he had laboured under a dreadful state of mental depression from a state of childhood; and the only time he ever felt any enjoyment of life was, when he first joined the Methodists; that it gave a new turn to his thoughts, and, while the novelty of it lasted, gave him great relief. Of the whole nine, one died, one was removed in a state of convalescence, and seven recovered.

In conclusion, it does not appear to me that any religious opinion, or religious practice, or the having no religion at all, procures any exemption from this disease; nor does it seem that the temperate in eating and drinking are less liable than the intemperate; or that the thoughtless and gay are less liable than the thoughtful and grave. It appears, however, clearly, that the married are less liable than the single; and were I asked, who were the most exempted, I should say, the married, of good constitution and strictly correct moral habits, and who were diligent, and even earnest, in some laudable pursuit. And with respect to the recovery, my firm belief is, that if timely and proper means were used for all, that all would recover, with the exception of a few that would sink under bodily disease: and that Asylums for keeping incurables would become useless, and statutes of Lunacy obsolete. But if I am right in my opinion, only to a certain degree, it yet must be admitted, that very different results may be expected from practising the best means of recovery, and that of practising no means at all; or, what is still worse, means that are equally at war with humanity and common sense. Some, I grant, will recover, under the worst treatment possible; for nature will, in some instances, assert its own powers; and the question is not about easy cases, that recover without effort, of which there are a few no doubt; but I should as soon expect Corn from sterile Land, without cultivation, as recovery from



an obstinate state of Insanity without the use of means ; and no disorder is less likely to be removed by the mere efforts of nature, without the assistance of art ; for it is well known, that the hallucinations of the disease are generally opposed to the means of recovery, as not being sensible of any complaint. It is the first business of medical and moral skill, to counteract this opposition ; not by violent measures of any kind, but by such only as experience, humanity, and common sense shall dictate ; not forgetting that the only positive good relating to this disorder is, the recovery from it ; and that the best means of recovery are also best calculated to make those happy and comfortable who prove incurable. There appears a most happy disposition in those invested with power, to effect an important change in the general treatment of the insane ; and if they do but accomplish the work, they will, undoubtedly, do their Country a very great good, and themselves immortal honour.





## CONCLUSION.

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SINCE the preceding pages were sent to press, I have been honoured and obliged by the printed Reports of the Select Committee on Mad Houses ; being sent to me by the Right Honourable George Rose, whose unwearied exertions in the important investigation, relating to the treatment of the insane, bespeak the gratitude of all that can feel for these unfortunates. What appears to me the most striking particular in these Reports is, a Statement of the number of Patients admitted upon the curable list at St. Luke's, during the years 1811, 1812, and 1813 ; being in all 870 ;—of whom, after one year and six days' trial, only 358 recovered. Yet, I would venture any risk which it is possible for me to run, that out of an equal number of similar cases, in an equal length of time, 800 at least recovered, under the treatment I recommend ; and which, I hope, I have sufficiently explained. Still, I have the highest opinion of the Master there, and only wonder that so many recover under the very mistaken system that prevails : nor can I at all be surprised that there are 700 incurables waiting, to



be put upon the incurable list. If the vast sums that have been expended upon large public Asylums, for the keeping of Lunatics, had been applied to the best means of cure, there would have been no want of accommodations for incurables; but so long as the present system exists, the want of such accommodations will more than keep pace with the increase of new Asylums, however great.

May the providing the best means of recovery for the insane, be the polar Star of all the proceedings upon this interesting subject; and may St. Luke's and Bethlem become equal to the reception of all the indigent incurable Lunatics; that London and its environs contain; though, at present, they are insufficient to accommodate a fifth part of what might be found, of this unfortunate class of fellow-beings, within the sound of St. Paul's bell. Should a London Asylum be erected, of which mention is made, may we be permitted to hope, that it will be established upon more enlightened principles; in which the cure shall be the leading object.







